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DIETARY SUGGESTIONS

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DIETARY SUGGESTIONS

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INTRODUCTION

A few years ago, in conversation with the authors of this book, I suggested the advisability of preparing a series of articles which the general practitioner could use in advising patients who came to his office concerning diets to be followed in various common disorders. Most of the books on dietetics have been written for use by physicians in prescribing for patients who were in hospitals, and for whom it was merely necessary to order the proper diet through the department of dietetics of the hospital. The vast majority of patients are not in hospitals but prepare their foods at home or select them in restaurants. Obviously, it is desirable that the diets be available not only to the physicians who are to select them for the patients but also to the patients, and in such form that the latter may have some indication as to the manner of preparation of the foods that may be eaten.

This book presents the data that have been mentioned in the preceding paragraph. In order to give it somewhat of live and human interest, the authors have presented a few typical instances from their own practice, indicating how the material is to be used and the effects it will have when used.

The response to the publication of this material as a series of articles in *The Journal of the American Medical Association* and in *Hygeia,* the health magazine published by the Association for the public, indicates that the book should meet with a wide and favorable reception.

MORRIS FISHBEIN, M.D.

Editor, Journal American Medical Association and Hygeia, the Health Magazine.

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CHAPTER I

THE DIETETIC CARE OF THE VERTICAL PATIENT

Have you ever lived on a diet? There is much being said these days about dieting to reduce, to gain, to grow; in fact, the very name diet begins to take on the aspect of a "patent medicine"—a cure for all ills. The result is that many people arch an eyebrow or laugh when a diet is suggested to them. Perhaps the woman next door has undertaken to regain her youthful figure by dieting. No doubt she began the treatment in a spirit of fun, but after a week or so the self denial ceased to provoke humor. Probably she struggled seriously for a few days more and finally succumbed to a box of chocolates. Cases of this kind tend to produce the popular notion that dieting is one of the new fangled ideas which may be taken up or dropped at will.

However, such is not the case; to be effective, dieting must continue all the time, every day, until the condition is cured. There is no value to the haphazard or spasmodic dietary regimen. Also dietetic instruction must be a positive thing. The well known story of the patient who is reputed to have said "Oh, yes, I know what a diet is, it's what you don't eat," may be true but it is not consistent with our interpretation of dietetic instruction in 1930. Today, we translate nutritional knowledge into terms which are nonnegative and practical and which take cognizance of the health needs of the individual and at the same time fit in with the economic scheme of the family.

For some years we have heard much and read more about dietetics being a growing factor in medical education. But the greatest growth and the one most closely related to community consciousness has been the transition in the dietetic instruction of hospital and dispensary patients. So-called nutrition work is to be found among the activities of health centers, school clinics and many private organizations. Until recently hospitals felt their dietetic responsibilities fulfilled if their patients were given good meals and bedside dietetic instruction or printed diet lists. Dispensary patients who needed dietary adjustment were given an opportunity to come to a group meeting occasionally.

The good meals, bedside instruction and printed diet lists given to the hospital patients were valuable just in proportion to the length of effectiveness. The group meetings for dispensary patients certainly have some merit. But the majority of disorders which may be benefited, alleviated or cured by diet are of longer duration than the average hospital stay. The meals at home, day after day, week after week, are the telling factors in determining the continuance or nullification of the good done by physicians and nurses in the hospital.

The dispensary patient coming in weekly to group meetings was often "half sick." He did not see his instruction in terms familiar to his home environment and he dragged home again with a vague idea of what it was all about and no clear plan of application to his needs. He could not work regularly, so the family was not operating in its stable, accustomed manner.

But even after the ground work has been done and the patient seems to be getting along famously on the diet and all the family has been won over to cooperate, the dietitian will call some day and find that the patient is "so tired" of the diet. The diabetic patient (who probably has always overeaten before he was discovered to have diabetes) will say "I was so tired of the things you allowed me that I just had to eat a piece of bread." And worse than that he usually doesn't stop at one piece when he once breaks off. He has lost a bit of hold and it is necessary to reason with him, to explain all over again, and to give new impetus for staying on the diet. New ways of preparing the same allowed foods or instruction about substituting foods may be the necessary remedy. Sometimes all that is needed to keep the patient on the diet is for the dietitian to let him know that the hospital really cares and that the physicians are interested. In many cases we might be apt to lose patience and to think they were hopeless. But after a few visits in the homes of the patients one realizes the great struggle that they are making; the old appetite may have come back or some one has persuaded them to eat of some forbidden food, saying that just a little won't hurt, or perhaps there is sickness in the home and the patient has forgotten self in anxiety for some other member of the family.

A paragraph taken from the Report of the Committee on the Training of Hospital Executives gives an

excellent translation of our conception of the needs of the vertical patient:

> A majority of the crippling and killing diseases do not lend themselves readily to even the most efficient community control and the attitude in the field of public health is evidently shifting from consideration of the aggregate toward consideration of the individual unit, the home. A large proportion of illness occurs, is cared for and should continue to be cared for in the home and the problems incident to illness, economic and other, often represent major threats to the very existence of this unit, which in the aggregate constitutes the community and the nation. High grade health services are available for the rich and poor but provisions are inadequate for bringing the best which modern medical knowledge offers to those of moderate means, who, in reality, are the main element of our national life and strength. Any plan of organization proposed to adequately meet the health problem, therefore, must be predicated upon these considerations.

A hospital is not an entity—it is a part of the community and should be regarded as a great center for health. This implies not only rehabilitation but also health education. If we are to function best as a health center, we should prevent as well as cure and we should give much thought to postconvalescent habit formation. Thus, with an understanding that the dietitian is a well trained specialist of the home economics profession working in a community health center, we may readily realize that her responsibilities are not confined to the brief time the patient is in the hospital. This period of hospitalization merely marks the beginning of an understanding of the patient's dietetic needs and a chance to know the details of the physical condition.

But modern interpretation of dietetics is not based alone on physical factors. We must also consider economic and social factors. We must know the home background—what is possible and what is out of the question—and with the information which we have received from the brief period of hospital stay we need to continue the work until the individual is adjusted to normal dietary standards or, in cases which seem at present to preclude adjustment to normal dietary standards, until the patient has a very thorough understanding of conditions and the ability to maintain the habits which make for the retention of health at a maximum. So, in a sincere endeavor to make the work lasting and of real benefit to the community, one hospital inaugu-

rated a system of instruction which covers the time of the hospital stay of the patient and also continues in the home. If the patient does not need the controlled environment of the hospital but is a dispensary visitor, all the work is done through group meetings, individual conferences and home calls. The dietary regimen which gets results is the one incorporated into the general family dietary and this presupposes a knowledge of home conditions which may be gained only by field work.

Before we started this work in 1923 we agreed on a few principles which seemed to us necessary. We felt that in order to be effective, our instruction should be built on these factors:

1. Simplicity.
2. Corrective menus based on an adequate normal diet.
3. The prescribing of foods which can be afforded by the patient.
4. Recognition of foods served to other members of the family.
5. Dovetailing of the entire family dietary so that not too many dishes are prepared.
6. Recognition of food habits influenced by racial and religious customs.
7. Instruction to the person who prepares the food as well as to the patient.

By simplicity we mean an "everydayness" in our application of nutritional knowledge. We do not encourage specially made desserts for the diabetic patient, preferring to use allowed fruits for this part of the meal. We teach food in terms of simple household measurements whenever possible. How much less embarrassing to sit down with the family and be served like the rest than to have a special array of foods at one place, and for the men and women who eat in hotels and restaurants, this acquaintance with the value of a certain size dish of spinach or grapefruit assures easy dietary control. We want our patients to go from our influence with every possible facility for a normal "unmarked" existence. Would you want to have gram scales and a notebook to consider at every meal you ate?

Too, our "everydayness" needs to consider home foods. A dietitian will not prescribe bread in terms of slices to a Syrian patient when she knows the size and shape of the Syrian loaves of bread. It is relatively easy to secure a clear working knowledge of the food

habits of these folk from foreign shores. And we must have this if we are to have the confidence and trust of the ones with whom we work. We must accept the native cooking and make only such changes as are absolutely imperative. Unless we can meet their needs in terms of their own foods, how may we expect their faith in our understanding?

In nearly every community there will be one woman who is acknowledged a leader in cooking. Her country women will follow her guidance and much of mutual good may be obtained when the dietitian exchanges experiences with this "master home maker." One such leader learned cream soups and puddings and was a splendid influence among her women friends. She loved to make junket and as she phrased it "My friends think I'm wonderful that I can put a little pill in the milk and make it come thick like that."

It is always recognized that the hospital patients may be dispensary patients later and that the dispensary patients may need hospitalization some day, so we correlate our administration of the diet kitchen very closely with the field work. Our meals prepared in the diet kitchen are calculated before service and the actual food intake of the patient is almost always recorded: this means that the recipes used in the diet kitchen must be standard and based on accurate weight of ingredients. However, the same patient will want the same named dish in his own home and since we advocate household measurements for the home service, we needs must provide ourselves with two recipes—one for the diet kitchen and one for the field worker.

Some of our patients have said "But I can't stay on a diet, I eat my lunch at restaurants." So we have planned a series of "If you lunch at a restaurant." Others have said "But I can't stay on a diet, I have to carry my lunch." So we have planned a series of "Dinner pail lunches." For the ones who eat all their meals at restaurants, we secure menu cards from the restaurant most frequently patronized and make outlines for a week at a time from these offerings. Especial attention is given to holidays and birthday anniversaries. Menus are planned for the family and the patient and an attempt is made to keep the two very much the same.

Our recipes are all done on 4 by 6 cards. We feel this to be a better method than to have a collection of recipes in a booklet form.

1. We give only such recipes as may be used by the individual.
2. The recipes are easily kept in a box for ready reference.
3. Additional recipes may be given as soon as seems advisable.
4. Replacement is simple.

It will be noted that trade names of nationally known and distributed food products are included in all of the suggested outlines for dietary procedure. This has been done because we are able, by this means, to be definite in our suggestions and to be reasonably sure of adherence and cooperation on the part of the patient.

STANDARD RECIPE FORM

Cranberry and Apple Sauce (*1 serving*)

For Diet Kitchen	*For Outpatients*
Materials	Materials
50 Gm. apple	⅓ large apple
25 Gm. cranberries	¼ cup cranberries
180 Gm. boiling water	¾ cup boiling water
½ grain saccharin	½ grain saccharin
Method	Method
1. Peel apple and cut into small pieces	1. Peel apple and cut into small pieces
2. Add apples and cranberries to boiling water.	2. Add apples and cranberries to boiling water
3. Let cook until fruit is tender	3. Let cook until fruit is tender
4. Remove from fire and cool	4. Remove from fire and cool
5. Add saccharin dissolved in one-half teaspoonful of water.	5. Add saccharin dissolved in one-half teaspoonful of water.
Total recipe: protein, 0.3 Gm.; fat, 0.6 Gm.; carbohydrate, 9.6 Gm.	Total recipe: protein, —Gm.; fat, 1 Gm.; carbohydrate, 10 Gm.

The vague terms "wheat cereal," "decaffeinated coffee" or "coffee substitute" mean little to many and are valueless to most of our dispensary patients. But we may give these outlines with a certain assurance that the items may be secured easily. Patients who do not speak English readily carry the list to the market and thus indicate the needed articles. Our commercial friends might say this is one more evidence of the value of trade marked and nationally known goods. Perhaps so.

In the list of "average servings of common foods" we have also included trade-marked products. Our

recipes on file cover a wide range of materials and include items which should please the most critical and the most diversified tastes. We have candies and desserts for the diabetic patient whose appetite demands variety. We have scores of unusual and interesting salads for the man or woman who wants "something different" all the time. But while one patient may like creamed stuffed olives the majority would prefer a triter offering, so we are keeping the little used combinations in reserve and are presenting in this series of articles only practical recipes.

We do not wish to connote that the dietetic instruction is a special treatment or that it replaces medical care. On the contrary, a physician's recommendation always precedes our instruction and is also the basis for any change in diet. Statistics have been compiled showing the probable savings in terms of money in hospital bills and cost of material relief for the families of the patients. But the most satisfying note in many of these cases has been the knowledge that it has been possible to keep the people at work and they have been self supporting—which is a big factor in maintaining a person's happiness and self respect. The menus outlined in the following series of articles will not be noted for originality or interest of combinations. They have been planned for homes in which incomes are low and the time for food preparation and service is slight. Many of the recipes noted as valuable for one condition will also fit the menu requirements of other cases. The question may arise as to why we do not list a greater number of fruits and vegetables each day. The answer is that the majority of people with whom we work do not have storage space for quantities of food nor do they have time for the preparation of many items. Appetites are seldom "finicky" and simple foods oft repeated are just as acceptable as a great variety would be. Instead of a small serving of two "leafy" vegetables, they will have two servings of the same vegetable.

Discrepancies will be noted between the total grams of protein, fat and carbohydrate and the total calories resulting. In the itemized calculation of recipes one decimal has been used, but decimals have been discarded in the approximate composition of the total recipe.

Also calories are listed for each ingredient in each recipe and this results in an answer varying from the

one which would be given if the total ingredient value in grams of protein, fat and carbohydrate were used as a basis for determining total caloric value.

We use this method because we have so many telephone calls asking "What is the caloric value of the malted milk in a chocolate malted milk?" or "How many calories do we get from the salt pork in split pea soup?"

The caloric value given is the nearest to correct regardless of checking results. We feel that since we use household measurements, we would be "out of scale" if we used a more complex method of calculation. We want sustained results rather than spasmodic application of theory.

It will be noted that we do use decimals in our own menu calculation of cream. This is because, in working with the patient, we give a day's total of cream and use round figures for that total.

CHAPTER II

CONSTIPATION

We recognize that there is much lack of agreement on a definite line of demarcation between atonic constipation and spastic constipation. But since each diet is adapted to the individual needs and is advised only on the physician's specific recommendation for a certain diet, we feel that a basic outline is necessary for each condition.

SUGGESTIONS FOR A "ROUGH" DIET FOR CONSTIPATION

Foods Allowed

Beverages: Buttermilk, weak coffee, fruit juices, Kaffee Hag, milk, postum, weak tea.

Soups: Beef broth, chicken broth, mutton broth, tomato soup, veal broth, vegetable soup (cream soups made with cream and puréed vegetables).

Breads: Bran bread, bran muffins, entire wheat bread.

Eggs: Coddled, hard cooked, poached, scrambled over water and soft cooked.

Fats: Butter, cream, oil, oleomargarine.

Cereals: Bran, malt breakfast food, oatmeal, pettijohns, cracked wheat.

Desserts: Apple snow, custard, gelatins, ice cream, prune whip, tapioca pudding.

Fruits: Cooked—apples, apricots, cherries, cranberries, currants, figs, peaches, pears, pineapple, plums, red respberries, strawberries; dried and stewed—apricots, currants, figs, prunes and raisins, uncooked dates may also be eaten; fresh—apples, apricots, avocado pears, cherries, currants, figs, grapefruit, huckleberries, muskmelons, oranges, peaches, pears, pineapple, plums, red raspberries, strawberries, watermelon; jüices—cherry juice, grapejuice, grapefruit juice, loganberry, orange, pineapple, strawberry.

Vegetables: Cooked—asparagus, lima beans, stringbeans, wax beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, collards, corn, dandelion greens, egg plant, kohlrabi, mushrooms, okra, onions, parsnips, peas, peppers, Irish potatoes, pumpkin, rhubarb, salsify, sauerkraut, spinach, squash, swiss chard, tomatoes, turnips; fresh—cabbage, celery, cucumbers, endive, lettuce, onions, peppers, radishes, romaine, sauerkraut, tomatoes, watercress.

Salads: Made with any of the allowed fruits or vegetables.

Salad Dressings: Cream salad dressing, French dressing, mayonnaise or mayonnaise made with liquid petrolatum.

Meats: Bacon, beef, chicken, roast ham, lamb, mutton, veal (salt pork for flavoring).

Fish: Any kind.
Cheese: Cottage and cream cheese.
Jelly, jam or marmalade: As desired.
Honey and molasses: As desired.

Foods to Avoid

Eat only small servings of meat or fish.
Do not eat fried foods.
Do not eat crackers, white bread, cake, pie or doughnuts.
Do not use rice, farina, macaroni, spaghetti, noodles or starchy puddings.
Do not eat dried beans or peas.
Do not use boiled milk, much cocoa or milk soups.
Do not drink strong tea or coffee.
Do not eat candy or nuts.

If You Lunch at a Restaurant

Vegetable soup
Baked potato
Cole slaw
Bran bread and butter
Pears (fresh or canned)
Buttermilk

Vegetable plate
Bran bread and butter
Applesauce
Milk

Tomato soup
Buttered asparagus on toast
Bran bread and butter
Baked apple
Milk

Bacon
Sauerkraut
Mashed potatoes
Bran bread and butter
Stewed prunes
Milk

Lamb stew with vegetables
Cabbage salad
Bran bread and butter
Peaches (fresh or canned)
Buttermilk

Baked potato
Buttered cabbage
Celery
Bran muffin and butter
Pineapple (fresh or canned)
Milk

Vegetable soup
Bran bread and butter
Lettuce salad with mayonnaise dressing
Strawberries (fresh or canned)
Buttermilk

Dinner Pail Lunches

Use bran or whole wheat bread for sandwiches

Cream cheese and lettuce sandwiches
Oatmeal cookies
Orange
Milk

Egg and lettuce sandwiches
Graham crackers
Apple
Buttermilk

Salmon sandwiches	Cream cheese
Celery	Jelly sandwiches
Applesauce	Peaches (fresh or canned)
Milk	Milk
Egg and celery sandwiches	Hard cooked eggs
Cole slaw	Bran bread and butter
Pears (fresh and canned)	Apple
Milk	Milk

Lettuce sandwiches
Cream cheese
Stewed prunes
Buttermilk

DIRECTIONS FOR PREPARING FOODS LISTED

Jellied Chicken Broth (*1 serving*)

Materials:

- ⅔ teaspoonful gelatin
- 1 tablespoonful cold water
- ½ cup chicken broth
- 1 piece celery cut in pieces
- 1 sprig parsley (chopped)
- 1 slice onion cut in thin pieces
- Salt and pepper
- 1 stuffed olive cut in thin pieces

Method:

1. Soak gelatin in cold water
2. Add chopped celery, onion and parsley to chicken broth
3. Season with salt and pepper
4. Heat until it boils
5. Strain broth and add to soaked gelatin, stirring until gelatin is dissolved
6. Place slices of olive in bottom of mold
7. Pour in dissolved gelatin and chicken broth
8. Put in cool place
9. When cool remove from mold and serve

Total recipe: protein, 5 Gm.; fat, —; carbohydrate, 1 Gm.; calories, 22.

Cream of Mushroom Soup (*4 servings*)

Materials:

- 1 cup finely chopped mushrooms
- 1 cup chicken broth
- 1 cup hot white sauce No. 2
- 4 egg yolks
- Salt and pepper
- 4 teaspoonfuls whipped cream

Method:

1. Add mushrooms to broth and cook twenty-five minutes
2. Combine with hot white sauce and stir well
3. Heat egg yolks until smooth

TABLE 1.—*Suggested Menus for One Week*

Morning	Noon	Evening	Before Bed
Orange *Rolled oats with top milk and sugar Bran bread toast and butter—honey Weak coffee	Roast beef (small slice) Cabbage—celery Bran bread and butter Baked apple with cream Weak tea	*Vegetable soup Baked potato with butter Cabbage salad *Bran muffins with butter or honey Milk	Apple
Stewed figs Krumbled bran with top milk and sugar *Bran muffins with butter Coffee	*Beef stew with carrots, onions and potato Spinach Bran bread and butter Orange gelatin Milk	*Cream of mushroom soup Poached eggs (2) *Spinach Lettuce salad Bran muffins and butter Stewed figs Weak tea	Figs
Grapefruit Pettijohns and top milk and sugar Whole wheat toast and butter—jelly Weak coffee	Baked fish Baked potato Stewed tomatoes Whole wheat bread and butter Grapefruit Weak tea	*Tomato soup Fish salad with celery and green pepper Whole wheat bread and butter Milk	Canned pears
*Stewed prunes Cracked wheat with top milk and sugar Bran bread and butter Weak coffee	Lamb chop Baked potato Peas Bran bread and butter *Prune whip Buttermilk	*Vegetable soup Scrambled egg Peas Pear salad Bran bread and butter Sliced orange Buttermilk	Stewed prunes
*Stewed apricots Rolled oats with bran and top milk Bran bread and butter Weak coffee	Roast chicken Asparagus *Cabbage salad Bran muffin with butter Apricot tapioca pudding Weak tea	Cream cheese *Asparagus salad Baked potato with butter Bran muffin and butter Jelly Weak tea	Stewed apricots
*Baked apple Bran flakes with top milk and sugar Whole wheat bread and butter—honey Weak coffee	Roast veal Baked potato Boiled onions Celery Whole wheat bread and butter Canned peaches Milk	Bacon Stringbeans *Apple and celery salad Whole wheat bread and butter Fruit gelatin Weak tea	Apple
Stewed raisins Pettijohns with top milk and sugar Poached egg Whole wheat bread and butter Weak coffee	*Lamb stew with carrots, onions and potato Sauerkraut Whole wheat bread and butter *Fruit gelatin Weak tea	Tomato soup Baked potato with butter Stringbean and celery salad Whole wheat bread and butter Orange marmalade Weak tea	Stewed raisins

* Directions for preparing these foods are given elsewhere in this series of articles.

4. Pour hot mixture on egg yolks and add salt and pepper
5. Pour into hot soup bowls and place whipped cream on top

Total recipe: protein, 29 Gm.; fat, 66 Gm.; carbohydrate, 29 Gm.; calories, 822.

One serving: protein, 7 Gm.; fat, 16 Gm.; carbohydrate, 7 Gm.; calories, 205.

Split Pea Soup (*4 servings*)

Materials:

- 1 cup dried split peas
- 3 quarts cold water
- 2 one inch cubes salt pork
- ¼ cup onion
- 3 tablespoonfuls butter
- 2 tablespoonfuls flour
- 2 cups milk
- 1½ teaspoonfuls salt
- ¼ teaspoonful pepper

Method:

1. Soak peas several hours in cold water and drain
2. Add 3 quarts water, pork and onion
3. Cook slowly for three or four hours
4. Rub through a strainer
5. Make white sauce of butter, flour and milk
6. Combine with peas
7. Season with salt and pepper

Total recipe: protein, 76 Gm.; fat, 93 Gm.; carbohydrate, 191 Gm.; calories, 1,905.

One serving: protein, 19 Gm.; fat, 23 Gm.; carbohydrate, 48 Gm.; calories, 476.

Bran Muffins (*16 muffins*)

Materials:

- ¼ cup butter
- 1 egg
- ½ cup milk
- ½ cup molasses
- ½ teaspoonful soda
- 1½ cups flour
- 4 teaspoonfuls baking powder
- 1½ cups Pillsbury's bran

Method:

1. Cream butter
2. Beat egg and mix with milk
3. Combine butter, egg and milk
4. Heat molasses to boiling point
5. Remove from flame and beat in soda
6. Combine with first mixture
7. Add flour with which baking powder has been sifted
8. Lastly add bran and beat well
9. Drop into greased muffin tins and bake in a moderate oven until well done

Total recipe: protein, 46 Gm.; fat, 68 Gm.; carbohydrate, 306 Gm.; calories, 2,017.

One muffin: protein, 3 Gm.; fat, 4 Gm.; carbohydrate, 19 Gm.; calories, 126.

Tapioca Cream (*6 servings*)

Materials:

2 cups whole milk
¼ cup minute tapioca
2 eggs
¼ cup sugar
1 teaspoonful vanilla

Method:

1. Scald milk
2. Add tapioca slowly to milk
3. Cook in a double boiler, stirring frequently
4. Add sugar to egg yolks and beat well
5. Add cooked tapioca to sugar and egg yolks, stirring constantly
6. Return to double boiler and cook five minutes
7. Remove from fire and add vanilla and stiffly beaten egg whites

Total recipe: protein, 28 Gm.; fat, 32 Gm.; carbohydrate, 120 Gm.; calories, 880.

One serving: protein, 5 Gm.; fat, 5 Gm.; carbohydrate, 20 Gm.; calories, 146.

Baked Apple (*1 serving*)

Materials:

1 apple
2 teaspoonfuls sugar
½ teaspoonful lemon juice
2 tablespoonfuls water

Method:

1. Wash apple
2. Core apple
3. Place in pan, putting sugar and lemon juice in center of apple
4. Pour water around apple
5. Bake in oven until soft

Total recipe: protein, —; fat, 1 Gm.; carbohydrate, 27 Gm.; calories, 117.

Baked Apples with Brown Sugar (*6 servings*)

Materials:

6 medium sized apples
½ cup brown sugar

Method:

1. Wash, pare, quarter and core apples
2. Place in shallow pan
3. Sprinkle brown sugar over apples
4. Add water to cover bottom of pan
5. Bake in moderate oven until apples are soft

Total recipe: protein, —; fat, 6 Gm.; carbohydrate, 185 Gm.; calories, 994.

One serving: protein, —; fat, 1 Gm.; carbohydrate, 31 Gm.; calories, 165.

Cranberry Sauce (*2 servings*)

Materials:

1 cup berries
¼ cup sugar
⅓ cup water

Method:

1. Pick over cranberries
2. Wash them
3. Make syrup of sugar and water by boiling together for five minutes
4. Add cranberries to syrup
5. Cook five to ten minutes

Total recipe: protein, —; fat, 1 Gm.; carbohydrate, 68 Gm.; calories, 280.

One serving: protein, —; fat, —; carbohydrate, 34 Gm.; calories, 140.

Stewed Pears with Molasses (*8 servings*)

Materials:

8 small pears
⅓ cup molasses

Method:

1. Pare, quarter and core pears
2. Cook in a small amount of water
3. Add molasses, and continue cooking
4. When pears are soft, remove from fire
5 Serve cold

Total recipe: protein, 8 Gm.; fat, 4 Gm.; carbohydrate, 196 Gm.; calories, 850.

One serving: protein, 1 Gm.; fat, 0.5 Gm.; carbohydrate, 24 Gm.; calories, 106.

Kohlrabi

Materials:

Kohlrabi
Butter
Salt and pepper

Method:

1. Remove leaf stalks from kohlrabi
2. Pare
3. Cut in small pieces
4. Put in boiling salted water
5. Cook one hour or until kohlrabi is tender
6. Drain
7. Add butter, salt and pepper
8. Serve at once

Broiled Onions

Materials:

1 medium sized onion
½ teaspoonful butter
¼ teaspoonful salt
2 cups boiling water

Method:

1. Peel onion under water
2. Drain

3. Cover with boiling salted water
4. Drain
5. Cover again with boiling salted water
6. Cook until tender
7. Drain
8. Cut onion in slices ⅓ inch thick
9. Place in baking pan
10. Place piece of butter on each slice
11. Broil under direct flame until nicely browned
12. Serve very hot on a hot vegetable dish

Total recipe: protein, 1 Gm.; fat, 2 Gm.; carbohydrate, 6 Gm.; calories, 47.

Onions with Tomato Sauce (*1 serving*)

Materials:

1 tablespoonful butter
½ cup home-canned tomatoes
⅔ cup cooked sliced onions
Pepper and salt

Method:

1. Brown butter in frying pan
2. Add tomatoes and let cook for two minutes
3. Put onions in greased baking dish
4. Season to taste with salt and pepper
5. Pour tomato sauce over onions
6. Bake in a moderate oven for fifteen minutes

Total recipe: protein, 4 Gm.; fat, 13 Gm.; carbohydrate, 18 Gm.; calories, 208.

Sauerkraut with Meat Balls and Tomato Sauce (*2 servings*)

Materials:

1 medium sized tomato
½ cup water
½ small onion
¼ lb. ground steak
¼ teaspoonful salt
1 tablespoonful butter
2 cups sauerkraut

Method:

1. Cook tomato in water until tender
2. Strain
3. Chop onion
4. Mix together ground steak, chopped onion and salt
5. Form into 6 small balls
6. Brown in butter in frying pan
7. Put sauerkraut into buttered baking dish
8. Arrange meat balls on sauerkraut
9. Pour tomato sauce on top
10. Bake forty-five minutes in a slow oven

Total recipe: protein, 32 Gm.; fat, 24 Gm.; carbohydrate, 21 Gm.; calories, 422.

One serving: protein, 16 Gm.; fat, 12 Gm.; carbohydrate, 11 Gm.; calories, 211.

Vegetable Patties (*1 serving*)

Materials:

- 1 egg
- ⅓ tablespoonful finely chopped carrots
- ⅓ tablespoonful finely chopped cabbage
- ½ teaspoonful finely chopped onion
- Salt and pepper
- 1 strip bacon
- 1 sprig parsley

Method:

1. Beat egg
2. Add chopped vegetable, salt and pepper
3. Fry bacon
4. Remove bacon from pan
5. Drop vegetable mixture into bacon fat and fry until brown (makes 3 patties)
6. Remove to hot plate, garnish with parsley and serve with bacon

Total recipe: protein, 9 Gm.; fat, 26 Gm.; carbohydrate, 1 Gm.; calories, 271.

Cabbage Salad * No. 2. (*2 servings*)

Materials:

- ½ small head of cabbage
- 2 large leaves of lettuce
- ½ cup cream salad dressing
- 2 strips of pimento
- 5 ripe olives

Method:

1. Discard outer leaves of cabbage
2. Cut into halves
3. Slice one half very thin
4. Soak in cold water until crisp
5. Drain on soft cloth
6. Mix with cream salad dressing
7. Arrange on leaves of lettuce on salad plate
8. Put strips of pimento and ripe olives across the top of each salad.

Total recipe: protein, 9 Gm.; fat, 16 Gm.; carbohydrate, 19 Gm.; calories, 246.

One serving: protein, 5 Gm.; fat, 8 Gm.; carbohydrate, 9 Gm.; calories, 123.

Stewed Squash

Materials:

- ¾ cup raw squash cut in pieces
- ¼ cup water
- ⅛ teaspoonful salt
- 1 teaspoonful butter

Method:

1. Cook squash in boiling salted water until tender
2. Evaporate all water from squash
3. Mash

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* Add to this value the value of the cream used in the dressing. Allow: protein, 0.5 Gm.; fat, 3 Gm.; carbohydrate, 0.5 Gm.; calories, 31 for each tablespoonful of "coffee" cream used.

4. Add butter
5. Serve in a hot vegetable dish

Total recipe: protein, 1 Gm.; fat, 4 Gm.; carbohydrate, 16 Gm.; calories, 104.

Stringbeans (*2 servings*)

Materials:

1 cup stringbeans
⅛ teaspoonful salt
½ cup boiling water
1 teaspoonful butter

Method:

1. Pick over stringbeans, removing strings
2. Cook in boiling water until tender
3. Drain
4. Add salt and butter
5. Cook from five to ten minutes longer
6. Serve very hot

Total recipe: protein, 2 Gm.; fat, 4 Gm.; carbohydrate, 6 Gm.; calories, 66.

One serving: protein, 1 Gm.; fat, 2 Gm.; carbohydrate, 3 Gm.; calories, 33.

Asparagus Salad (*2 servings*)

Materials:

16 stalks of asparagus
2 rings of bright red pepper
¼ cup French dressing
4 small leaves of lettuce

Method:

1. Rinse and drain asparagus
2. Place one half of asparagus through each pepper ring
3. Arrange on lettuce leaves on salad plate
4. Serve very cold with French salad dressing

Total recipe: protein, 2 Gm.; fat, 44 Gm.; carbohydrate, 5 Gm.; calories, 422.

One serving: protein, 1 Gm.; fat, 22 Gm.; carbohydrate, 3 Gm.; calories, 211.

Potato Salad *

Materials:

⅓ cup cold boiled potatoes cut in ¼ inch cubes
1 tablespoonful celery cut in small pieces
½ hard cooked egg cut in small pieces
½ tablespoonful green pepper cut in small pieces
½ tablespoonful red pepper cut in small pieces
1 tablespoonful cucumber cut in small pieces
½ teaspoonful finely chopped onion
Few grains of salt
¼ cup cream salad dressing
2 small leaves of lettuce

* Add to this value the value of the cream used in the dressing. Allow: protein, 0.5 Gm.; fat, 3 Gm.; carbohydrate, 0.5 Gm., and calories, for each tablespoonful of "coffee" cream used.

Method:

1. Mix first seven ingredients together
2. Sprinkle salt over all these
3. Add salad dressing
4. Mix well
5. Arrange on lettuce leaves on salad plates
6. Serve at once

Total recipe: protein, 7 Gm.; fat, 11 Gm.; carbohydrate, 20 Gm.; calories, 193.

Stuffed Prune Salad

Materials:

4 cooked prunes
1 tablespoonful bran
1 tablespoonful mayonnaise dressing
2 lettuce leaves

Method:

1. Remove stones from prunes
2. Mix bran with 1 teaspoonful mayonnaise dressing
3. Fill prunes with this mixture
4. Arrange on lettuce leaf
5. Add remaining mayonnaise dressing

Total recipe: protein, 1 Gm.; fat, 13 Gm.; carbohydrate, 26 Gm.; calories, 228.

Cream Dressing *

Materials:

3 egg yolks
2 tablespoonfuls flour
1 tablespoonful butter
1 teaspoonful mustard
½ cup vinegar
1 teaspoonful salt
1 tablespoonful sugar

Method:

1. Mix dry ingredients
2. Add vinegar, forming a smooth paste
3. Cook over flame until thick
4. Place in top of double boiler and add beaten eggs
5. Cook until egg thickens
6. Remove from heat and add butter
7. Cool
8. When ready to serve add cream, either sweet or sour, until dressing is of proper consistency

Total recipe: protein, 11 Gm.; fat, 31 Gm.; carbohydrate, 26.2 Gm.; calories, 427.

One tablespoonful: protein, 1 Gm.; fat, 2 Gm.; carbohydrate, 2 Gm.; calories, 36.

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* Add to this value the value of the cream used in the dressing. Allow: protein, 0.5 Gm.; fat, 3 Gm.; carbohydrate, 0.5 Gm., and calories, 31 for each tablespoonful of "coffee" cream used.

Beef Stew (*4 servings*)

Materials:

1 lb. cheaper cut beef
4 tablespoonfuls flour
2 tablespoonfuls butter
¼ cup onion, cut in pieces
½ cup carrots cut in pieces
1 cup potatoes cut in pieces
Salt and pepper

Method:

1. Cut meat into 1 inch cubes
2. Sprinkle with flour
3. Heat fat with onion in pan
4. Brown meat in pan
5. When brown add water to cover
6. Cook over slow fire
7. Cook vegetables separately
8. When meat is done, add vegetables and seasoning

Total recipe: protein, 114 Gm.; fat, 65 Gm.; carbohydrate, 59 Gm.; calories, 1,277.

One serving: protein, 28 Gm.; fat, 16 Gm.; carbohydrate, 15 Gm.; calories, 319.

SUGGESTIONS FOR A "SMOOTH" DIET FOR CONSTIPATION

Foods Allowed

Beverages: Buttermilk, weak coffee, fruit juices, Kaffee Hag, milk, postum, weak tea.

Soups: Any kind of meat soup (strained), tomato soup, vegetable soup (strained); cream soups made with cream and puréed vegetables.

Breads: White bread, rye bread, plain rolls, toast or crackers, zwiebach.

Eggs: Coddled, hard cooked, poached, raw, soft cooked, or scrambled over water.

Fats: Butter, cream, oil and oleomargarine.

Cereals: Cornflakes, cornmeal, cream of wheat, farina, grapenuts, malt breakfast food, oatmeal, ralstons, rice, puffed rice, puffed wheat, shredded wheat biscuit, wheatena.

Desserts: Apple snow, apricot whip, bread pudding, cornstarch pudding, custard, fruit gelatin, junket, prune whip, rice pudding, fruit tapioca, ice cream, plain cake, plain cookies.

Fruits: Cooked—apples, apricots, cherries, peaches, pears, plums; dried and stewed—apricots, figs, prunes; fresh—apricots, avocado pears, grapefruit, muskmelon, oranges, peaches, pears, plums; juices—cherry, grapejuice, grapefruit, loganberry, orange, pineapple, strawberry.

Vegetables: Cooked—puréed asparagus, lima beans, carrots, cauliflower, corn, dandelion greens, onions, peas, pumpkin,

spinach, squash, swiss chard, tomatoes, Irish potatoes; fresh—endive, lettuce, parsley, romaine, tomatoes and watercress.

Salads: Made with any of the allowed fruits and vegetables.

Salad Dressings: Cream salad dressing, French dressing, fruit salad dressing, mayonnaise or liquid petrolatum dressing.

Meats: Chicken, lamb, scraped beef, crisp bacon (salt pork, for flavoring only).

Fish: Any kind, baked or boiled.

Cheese: Cottage cheese or cream cheese.

Miscellaneous: Small amount of pimento may be used. Cocoa and chocolate may be used for flavoring.

Foods to Avoid

Eat only small servings of meat or fish.

Do not eat fried food.

Do not eat whole wheat, bran or graham bread.

Do not use any of the bran cereals.

Do not eat pastry or doughnuts.

Do not eat any vegetables or fruit except the ones included in the list of allowed fruits and vegetables.

Do not use boiled milk, cocoa or milk soups.

Do not eat candy or nuts.

If You Lunch at a Restaurant

Tomato soup
Buttered peas
Bread and butter
Rice pudding
Milk

Poached egg on toast
Buttered asparagus
Bread and butter
Stewed prunes
Milk

Baked potato with butter
Buttered spinach
Bread and butter
Canned peaches
Milk

Chicken soup
Bread and butter
Baked apple without skin
Milk

Crisp bacon
Sliced tomatoes
Bread and butter
Tapioca pudding
Buttermilk

Baked potato with butter
Buttered carrots
Bread and butter
Canned pears
Milk

Beef broth with rice or barley
Lettuce salad with mayonnaise dressing
Bread and butter
Baked custard
Milk

TABLE 2.—*Suggested Menus for One Week*

Morning	Noon	Evening	Before Bed
Stewed apricots Oatmeal with milk and sugar Toast and butter Weak coffee	Broiled scraped beef patties Mashed potatoes with butter Puréed spinach Bread and butter Apricot whip Buttermilk	Poached egg on toast Buttered rice Lettuce salad with mayonnaise dressing Baked apple without skin Buttermilk Bread and butter	Baked apple without skin
Apple sauce Cream of wheat with milk and sugar Toast and butter Weak coffee	Crisp bacon Baked potato with butter Puréed carrots Bread and butter Rice pudding Milk	Tomato soup *Escalloped potatoes Asparagus salad with mayonnaise dressing Canned peaches Milk	Canned peaches
Orange Puffed rice with milk and sugar Soft cooked egg Toast and butter Weak coffee	Lamb chop Mashed potatoes Puréed peas Bread and butter *Cornstarch pudding with sliced peaches Buttermilk	Crisp bacon Asparagus on toast Baked potato with butter Bread and butter Fruit gelatin Buttermilk	Orange juice
Stewed prunes Malt breakfast food with milk and sugar Toast and butter Weak coffee	Broiled scraped beef balls Baked potato with butter Puréed carrots Bread and butter *Prune rice pudding Milk	*Vegetable soup Lettuce salad with mayonnaise dressing Bread and butter *Baked custard Milk	Stewed prunes
Grapefruit Oatmeal with milk and sugar Toast and butter Weak coffee	Baked fish Mashed potatoes Puréed Swiss chard Bread and butter Apple tapioca pudding Milk	Poached egg on toast Baked potato with butter Stringbean salad with mayonnaise dressing Bread and butter Apple sauce Milk	Grapefruit
Orange Cornflakes with milk and sugar Toast and butter Weak coffee	Lamb stew with vegetables Mashed potatoes Bread and butter Canned plums Buttermilk	Cream cheese Baked rice with tomatoes Bread and butter Sliced orange Buttermilk	Canned plums
Apple sauce Farina with milk and sugar Toast and butter Weak coffee	Roast chicken Mashed potatoes Asparagus (puréed) Bread and butter *Sponge cake Milk	Chicken soup with vegetables Lettuce salad with mayonnaise dressing Bread and butter *Apple whip	Apple sauce

* Directions for preparing these foods are given elsewhere in this series of articles.

TABLE 3.—*Suggested Menus for One Week for the Rest of the Family*

Morning	Noon	Evening
*Stewed apricots *Oatmeal with milk and sugar *Toast and butter *Coffee	Beef stew *Mashed potatoes *Buttered spinach *Bread and butter *Apricot whip *Tea	*Poached eggs *Buttered rice Cabbage salad *Bread and butter *Baked apple *Milk
*Apple sauce *Cream of wheat with milk and sugar *Toast and butter *Coffee	Baked ham *Baked potatoes with butter *Stewed tomatoes *Bread and butter *Rice pudding *Tea	Cold sliced ham *Escalloped potatoes *Asparagus salad with mayonnaise dressing *Canned peaches *Milk
*Orange *Puffed rice with milk and sugar *Soft cooked egg *Toast and butter *Coffee	Lamb stew *Mashed potatoes *Peas *Bread and butter *Cornstarch pudding *Tea	Creamed dried beef *Asparagus on toast Hashed brown potatoes *Bread and butter *Fruit gelatin *Milk
*Stewed prunes *Malt breakfast food with milk and sugar *Toast and butter *Coffee	Roast beef *Baked potatoes *Carrots *Bread and butter *Prune rice pudding *Tea	*Vegetable soup Cold sliced meat *Lettuce salad with mayonnaise dressing *Baked custard *Milk
*Grapefruit *Oatmeal with milk and sugar *Toast and butter *Coffee	*Baked fish *Mashed potatoes *Stringbeans *Bread and butter *Apple tapioca pudding *Tea	*Scrambled eggs *Baked potato with butter *Stringbean salad with mayonnaise dressing *Bread and butter *Apple sauce *Milk
*Orange Griddle cakes with maple syrup *Coffee	*Lamb stew with vegetables *Mashed potatoes *Bread and butter Apple pie *Tea	American cheese *Baked rice with tomato *Bread and butter *Canned plums *Buttermilk
*Apple sauce *Farina with milk and sugar *Toast and butter *Coffee	*Roast chicken *Mashed potatoes *Asparagus *Bread and butter *Sponge cake *Tea	*Chicken soup with vegetables *Lettuce salad with mayonnaise dressing *Bread and butter Raw apples *Milk

* These are the foods which the patient may eat.

Dinner Pail Lunches

Scraped beef sandwiches	Vegetable soup
Peaches	Bread and butter
Milk	Baked apple without skin
	Buttermilk
Cream cheese sandwiches	Chicken sandwich with lettuce
Stewed prunes	Stewed apricots
Milk	Milk
Tomato soup	Chopped egg sandwich
Bread and butter	Applesauce
Baked custard	Plain cookies
Buttermilk	Milk

Tomato salad with mayonnaise dressing
Bread and butter
Canned pears
Milk

METHODS OF PREPARING FOODS LISTED

Grapefruit Juice (*1 serving*)

Material:

¾ cup grapefruit juice

Method:

Serve very cold but without ice or sugar

Total recipe: protein, 1 Gm.; fat, —; carbohydrate, 13 Gm.; calories, 54.

Kaffee Hag (*2 servings*)*

Materials:

½ cup ground Kaffee Hag
½ egg
½ cup cold water
3 cups boiling water

Method:

1. Wash egg, break and beat slightly
2. Dilute one-half egg with one-fourth cup cold water
3. Add one half shell (crushed) to egg
4. Mix this with Kaffee Hag and put into enamel ware coffee pot
5. Pour boiling water on this mixture and stir well
6. Stuff spout of coffee pot with cotton to prevent escape of aroma.
7. Let mixture boil three minutes
8. Add remainder of cold water and leave pot in warm place ten minutes before serving
9. Strain into hot serving pot

* Kaffee Hag has no food value but served with one and one half tablespoonfuls of cream and two level teaspoonfuls of sugar for each average cup, it has: 0.7 Gm. protein; 4.5 Gm. fat; 10.7 Gm. carbohydrate: 86 calories.

Appledore Soup (*2 servings*)

Materials:

1 cup of potatoes cut in small pieces
1½ cups boiling water
1 cup white sauce No. 1
Few grains salt
Few grains pepper
Few grains celery salt
1 tablespoonful chopped parsley
2 tablespoonfuls catsup

Method:

1. Cook potatoes in boiling salted water until tender
2. When soft rub through strainer
3. Scald onion with white sauce
4. Blend potato and white sauce
5. Add salt, pepper and celery salt
6. Add tomato catsup
7. Strain into hot soup dish
8. Sprinkle with parsley
9. Serve at once

Total recipe: protein, 14 Gm.; fat, 23 Gm.; carbohydrate, 57 Gm.; calories, 491.

One serving: protein, 4 Gm.; fat, 6 Gm.; carbohydrate, 14 Gm.; calories, 122.

Cream of Asparagus Soup (*4 servings*)

Materials:

1¼ cups white sauce No. 2
1 cup asparagus

Method:

1. Combine white sauce and asparagus
2. Season to taste
3. Strain into serving dish

Total recipe: protein, 18 Gm.; fat, 54 Gm.; carbohydrate, 41 Gm.; calories, 720.

One serving: protein, 4 Gm.; fat, 13 Gm.; carbohydrate, 10 Gm.; calories, 180.

Cream of Onion Soup (*4 servings*)

Materials:

2 cups white sauce No. 1
½ cup finely chopped onion
Salt

Method:

1. Cook onion in white sauce over water for one half hour
2. Season
3. Strain and serve

Total recipe: protein, 19 Gm.; fat, 46 Gm.; carbohydrate, 42 Gm.; calories, 658.

One serving: protein, 5 Gm.; fat, 12 Gm.; carbohydrate, 11 Gm.; calories, 164.

Rice (*3 servings*)

Materials:

6 tablespoonfuls rice
5 cups boiling water

Method:

1. Pick over and wash rice
2. Add very slowly to 3 cups boiling salted water
3. Let boil gently until tender
4. Drain in a colander
5. Pour two cups of hot water over rice
6. Place rice in a sauce pan
7. Let stand in a warm place to dry off

Total recipe: protein, 6 Gm.; fat, —; carbohydrate, 59 Gm.; calories, 263.

One serving: protein, 2 Gm.; fat, —; carbohydrate, 20 Gm.; calories, 87.

Baked Custard No. 2 (*2 servings*)

Materials:

1 egg
1 tablespoonful sugar
⅛ teaspoonful salt
½ teaspoonful vanilla
1 cup scalded milk

Method:

1. Beat egg until smooth
2. Add sugar, salt and vanilla to egg
3. Pour scalded milk slowly on egg, stirring constantly
4. Strain into custard cups or small baking dishes
5. Set cups in a pan of hot water
6. Bake in a slow oven until firm

Total recipe: protein, 14 Gm.; fat, 16 Gm.; carbohydrate, 27 Gm.; calories, 308.

One serving: protein, 7 Gm.; fat, 8 Gm.; carbohydrate, 14 Gm.; calories, 154.

Chocolate Sponge Pudding (*6 servings*)

Materials:

1 tablespoonful Knox's gelatin
¼ cup cold water
6 tablespoonfuls cocoa
⅓ cup sugar
¼ cup boiling water
3 eggs
1 teaspoonful vanilla

Method:

1. Soak gelatin in cold water
2. Mix cocoa and sugar, add boiling water and boil three minutes
3. Beat egg yolks until thick and lemon colored
4. Beat egg whites until stiff
5. Add cocoa mixture to soaked gelatin and stir until it is dissolved
6. Add to beaten egg yolks

7. Add vanilla
8. Fold into stiffly beaten egg whites

Total recipe: protein, 38 Gm.; fat, 33 Gm.; carbohydrate, 100 Gm.; calories, 850.

One serving: protein, 6 Gm.; fat, 6 Gm.; carbohydrate, 17 Gm.; calories, 141.

Prune Custard (*3 servings*)

Materials:

½ cup Karo syrup
2 eggs
1 cup scalded milk
8 cooked and strained prunes

Method:

1. Make a soft custard of the Karo, eggs and milk
2. Serve prunes covered with custard

Total recipe: protein, 21 Gm.; fat, 22 Gm.; carbohydrate, 169 Gm.; calories, 960.

One serving: protein, 7 Gm.; fat, 7 Gm.; carbohydrate, 56 Gm.; calories, 320.

Prune Rice Pudding (*6 servings*)

Materials:

2 cups cold rice
1 cup prune pulp
½ cup prune juice

Method:

1. Mix rice and prune pulp together
2. Serve with prune juice

Total recipe: protein, 10 Gm.; fat, —; carbohydrate, 216 Gm.; calories, 901.

One serving: protein, 2 Gm.; fat, —; carbohydrate, 36 Gm.; calories, 150.

Pumpkin Custard (*3 servings*)

Materials:

1 egg
2 tablespoonfuls brown sugar
¼ teaspoonful cinnamon
⅛ teaspoonful salt
½ teaspoonful vanilla
½ cup scalded milk
½ cup cooked and strained pumpkin

Method:

1. Beat egg slightly
2. Add sugar, cinnamon, salt and vanilla
3. Pour scalded milk over egg, stirring constantly
4. Add pumpkin
5. Pour into custard cups
6. Place cups in a pan of hot water
7. Bake in a slow oven until firm

Total recipe: protein, 11 Gm.; fat, 11 Gm.; carbohydrate, 32 Gm.; calories, 272.

One serving: protein, 4 Gm.; fat, 3 Gm.; carbohydrate, 11 Gm.; calories, 90.

Fruit Cocktail (*1 serving*)

Materials:

- 5 white cherries
- 2 tablespoonfuls diced peach (canned)
- 1 tablespoonful diced pear (canned)
- 1 tablespoonful cherry juice
- 1 tablespoonful pear juice
- 1 Maraschino cherry

Method:

1. Remove stones from cherries
2. Mix cherries, diced peach and pear
3. Add fruit juice
4. Chill
5. Serve in cocktail glass
6. Garnish with Maraschino cherry

Total recipe: protein, —; fat, —; carbohydrate, 11 Gm.; calories, 44.

Asparagus Soufflé (*4 servings*)

Materials:

- 1 cup asparagus
- 3 eggs
- 1 cup scalded milk
- 2 tablespoonfuls butter
- ½ teaspoonful salt

Method:

1. Rub asparagus through a sieve
2. Separate eggs
3. Beat yolks
4. Pour milk over egg yolks
5. Add butter, salt and asparagus
6. Cook over water until thick
7. Fold in stiffly beaten whites
8. Pour into buttered baking dish
9. Bake thirty minutes in moderate oven

Total recipe: protein, 29 Gm.; fat, 54 Gm.; carbohydrate, 18 Gm.; calories, 674.

One serving: protein, 8 Gm.; fat, 14 Gm.; carbohydrate, 5 Gm.; calories, 168.

Creamed Potatoes (*4 servings*)

Materials:

- 4 medium sized potatoes (cooked)
- 1 cup white sauce No. 1
- Salt and pepper

Method:

1. Cut potatoes in half-inch cubes
2. Add to white sauce and heat thoroughly
3. Season to taste, with salt and pepper

Total recipe: protein, 22 Gm.; fat, 23 Gm.; carbohydrate, 128 Gm.; calories, 811.

One serving: protein, 6 Gm.; fat, 6 Gm.; carbohydrate, 32 Gm.; calories, 202.

Soufflé of Peas (*3 servings*)

Materials:

- 1 cup cooked peas
- 2 eggs
- 1 tablespoonful butter
- ¾ cup scalded milk
- ⅓ teaspoonful salt

Method:

1. Rinse peas in cold water, then heat them and rub them through a strainer
2. Separate yolks from whites and beat each separately
3. Add melted butter, milk, salt and peas to the egg yolk
4. Fold in stiffly beaten egg whites
5. Pour in buttered baking dish
6. Place dish in hot water
7. Bake in slow oven until firm
8. Serve at once

Total recipe: protein, 27 Gm.; fat, 32 Gm.; carbohydrate, 33 Gm.; calories, 532.

One serving: protein, 9 Gm.; fat, 11 Gm.; carbohydrate, 11 Gm.; calories, 177.

Vegetable Loaf (*4 servings*)

Materials:

- 1 cup carrots
- 1 cup peas
- 1 egg
- 1 tablespoonful melted butter
- ¼ teaspoonful salt

Method:

1. Purée carrots and peas
2. Beat egg
3. Add melted butter to egg
4. Add puréed vegetable and salt to egg and butter and mix well
5. Pour into a greased baking dish
6. Bake in a moderate oven until firm

Total recipe: protein, 15 Gm.; fat, 20 Gm.; carbohydrate, 34 Gm.; calories, 371.

One serving: protein, 4 Gm.; fat, 5 Gm.; carbohydrate, 9 Gm.; calories, 92.

Orange Salad (*1 serving*)

Materials:

- 1 large orange
- ¼ small bunch of watercress
- 2 tablespoonfuls French dressing

Method:

1. Peel orange, removing all the white skin
2. Take out the pulp in sections
3. Arrange pulp on bed of watercress on salad plate.
4. Pour French dressing over all
5. Serve at once

Total recipe: protein, 1 Gm.; fat, 27 Gm.; carbohydrate, 18 Gm.; calories, 319.

Fruit Salad Dressing

Materials:

- 2 egg yolks
- 2 tablespoonfuls sugar
- Juice of 2 lemons
- 1 tablespoonful flour
- ½ cup whipped cream
- ½ cup strained honey

Method:

1. Mix honey, sugar and flour to form smooth paste
2. Cook over flame until thick
3. Add lemon juice and beaten egg yolks
4. Cook over double boiler until egg thickens
5. Cool and add whipped cream before serving

Total recipe: protein, 9 Gm.; fat, 34 Gm.; carbohydrate, 162 Gm.; calories, 984.

One serving: protein, —; fat, 1 Gm.; carbohydrate, 6 Gm.; calories, 35.

Jellied Chicken (*1 serving*)

Materials:

- ½ teaspoonful gelatin
- 1 tablespoonful cold water
- ½ hard cooked egg
- 2 tablespoonfuls chopped chicken
- 1 teaspoonful chopped pimento
- ½ teaspoonful chopped parsley
- ⅓ cup chicken broth
- Salt and pepper

Method:

1. Soak gelatin in cold water five minutes
2. Cut hard cooked egg in pieces
3. Place egg, chicken, pimento and chopped parsley in a small mold
4. Heat chicken broth to boiling point
5. Add hot chicken broth to soaked gelatin and stir until it is dissolved
6. Season with salt and pepper
7. Pour over chicken and egg
8. Put in a cool place
9. When firm, remove from mold and serve on lettuce

Total recipe: protein, 11 Gm.; fat, 6 Gm.; carbohydrate, —; calories, 99.

Baked Fish (*1 serving*)

Materials:

- 2 ounces fresh fish (1 piece 2 by 2 by ½ inches)
- 1 teaspoonful butter
- ¼ teaspoonful salt
- 1 teaspoonful lemon juice

Method:

1. Wipe fish clean with damp cloth
2. Place on greased baking dish
3. Sprinkle with salt and dot with remainder of butter
4. Bake in slow oven till tender
5. Pour lemon juice over fish
6. Serve at once

Total recipe: protein, 12 Gm.; fat, 10 Gm.; carbohydrate, —; calories, 138.

CHAPTER III

GASTRIC DISTURBANCES

A large percentage of patients with gastric and duodenal ulcer may be treated as ambulatory and since a more definite dietetic regimen has been required for patients finishing the usual Sippy routine, the following diets have been planned.

In attempting to function as a real service unit of the outpatient department, we found it necessary to assemble and test suggestive procedures along lines of dietary routine for the many people whose condition seemed to indicate a need for a smooth, bland diet with a relatively high fat content. In the progress of this study and after much evaluation of material presented, we adopted three gradations of diet, known to us as routine 1, 2 and 3. The diets supply enough calories so that the patients may remain at work and at the same time the foods are such as are tolerated by these patients.

Routine 1 is usually followed for three or four months. Routine 2 is employed for from two to three months. Routine 3 is a fairly liberal diet which provides an easy but slow transition to the normal diet.

Miss Mary Margaret Hoffman, Miss Esther Funnel, Miss Theresa Wood, Miss Jean Grant, Miss Dorothy Ridler and Miss Olive Walker have contributed recipes and assisted in assembling the material presented in this series of articles.

We should like to make it clear that these lists or any other printed sheets which are disseminated in this way are at no time to be interpreted as an arbitrary standard but are to be used as a basis for dietetic instruction and only under the direction of a physician and the close supervision of an adequately trained dietitian.

These particular menus have been planned especially for patients whose income is limited and in whose homes there probably is inadequate equipment for preservation and storage of food. Each patient must be considered as an individual problem, and instruction must be given with regard for his food habits, occupation and economic status. The "Menus for the Rest of

TABLE 1.—*Suggested Menus for One Week on Routine 1*

Morning	10:00 a. m.	Noon	3:00 p. m.	Evening	8:30 p. m.
Puréed prunes *Cream of wheat with milk and sugar Toast and butter Milk	Milk and graham crackers	Two poached eggs on toast Puréed spinach Toast and butter Baked custard Milk	*Ice cream Eggnog	Cream of spinach soup Puréed peas Toast and butter Canned pears Milk	Puréed prunes Top milk
Canned pears *Wheatena with milk and sugar Soft cooked egg Toast and butter Milk	*Baked custard *Malted milk	*Cream of pea soup Poached egg on toast *Gelatin and top milk Milk	Gelatin and top milk	Milk toast Puréed carrots Toast and butter Prune whip Milk	Graham crackers Puréed apricots Milk
Puréed apricots *Strained oatmeal with milk and sugar Toast and butter Milk	*Eggnog *Baked apple without skin	*Cream of spinach soup Puréed peas Toast and butter Chocolate junket Milk	*Junket Canned pears	Rice and milk Poached egg on toast Toast and butter Applesauce Milk	Baked apple without skin Top milk
Puréed prunes Pettijohns with milk and sugar Toast and butter *Cocoa	Buttermilk *Custard	Coddled egg Puréed asparagus Prune whip Milk and cream	Buttermilk Rice pudding	*Cream of asparagus soup Puréed peas Toast and butter Baked custard Milk	Canned pears Graham crackers Milk
Puréed apricots Ralstons with milk and sugar Toast and butter Milk	Milk and cream *Applesauce	Cream of pea soup Poached eggs on toast Rice with fruit sauce Milk	Junket Canned peaches	Rice and milk Puréed carrots Toast and butter *Apple snow Milk	Applesauce Toast Milk
*Baked apple without skin *Cornmeal with milk and sugar Toast and butter Milk	Baked custard Milk	Puréed spinach Soft cooked eggs Toast and butter Rice pudding Milk	Ice cream Cocoa	Cream of spinach soup Poached egg on toast Canned peaches Milk	Graham crackers Canned peaches Eggnog
Canned peaches *Malt breakfast food with milk and sugar Toast and butter Milk	*Rice pudding with top milk	*Cream of corn soup Puréed spinach Toast and butter Custard Milk	Malted milk Custard	Poached eggs on toast Puréed corn Toast and butter Applesauce Cocoa	Graham crackers *Tapioca cream Cocoa

* Recipes for these foods are given elsewhere in this series of articles.

the Family" are aimed to help solve the housewife's problem of preparing two sets of meals each day. The other lists are self explanatory.

ROUTINE 1

Foods Allowed

Beverages: Buttermilk, cocoa, eggnog, malted milk, milk, milk and cream.

Cream Soups: Made with sweet cream, sour cream or white sauce and strained vegetables.

Breads: Toast, soda or graham crackers or zwiebach.

Eggs: Coddled, poached, raw or soft cooked.

Fats: Butter, cream, oil and oleomargarine.

Cereals: Cornmeal, cream of wheat, farina, hominy, malt breakfast food, strained oatmeal, pettijohns, ralstons, rice, wheatena.

Desserts: Apple snow, custard, gelatin, junket, prune whip, simple puddings; tapioca; ice cream, if eaten slowly.

Fruits: Applesauce, baked apple without the skin, canned or stewed peaches, stewed dried apricots (puréed), canned or stewed pears, stewed prunes (puréed).

Vegetables: Puréed asparagus, carrots, corn, peas, spinach, summer squash.

Foods to Avoid

Avoid salt and highly seasoned foods such as catsup, chili sauce, horseradish, mustard, pickles and spices.

Avoid acid foods such as grapefruit, oranges, tomatoes and vinegar.

Avoid vegetables such as dried beans, brussels sprouts, cabbage, cauliflower, onions, green peppers, radishes, sauerkraut and turnips.

Use fruits and vegetables only when cooked.

Avoid meats, chicken broth, meat soups and gravies.

Avoid fried foods, pastries and hot breads.

Avoid very sweet foods such as cakes, syrups and candies.

Do not eat nuts.

Do not drink tea or coffee.

Do not eat cheese.

NOTE.—Eat six small meals each day.

If You Lunch at a Restaurant

Poached eggs on toast	Cream of asparagus soup
Toast and butter	Toast and butter
Apple sauce	Soft cooked egg
Milk	Applesauce
	Milk

Milk Toast
Toast and butter
Tapioca cream
Canned peaches
Milk

Boiled rice and milk
Soft cooked egg
Toast and butter
Baked apple without the skin
Milk

Thick pea soup
Toast and butter
Carrots (mashed)
Baked custard
Milk

Poached eggs on toast
Toast and butter
Rice Pudding
Applesauce
Cocoa

Cream of corn soup
(strained)
Toast and butter
Stewed or canned peaches
Milk

TABLE 2.—*Suggested Menus for One Week for the Rest of the Family of a Patient on Routine 1*

Morning	Noon	Evening
*Prunes	Pot roast of beef	Cold meat
*Cream of wheat with milk and sugar	Mashed potatoes	Escalloped potatoes
*Toast and butter	*Spinach	Carrot and pea salad
*Milk or coffee	Bread and butter	Bread and butter
	*Baked custard	*Canned pears
Fresh fruit in season	*Milk	*Milk or tea
*Wheatena with milk and sugar	Hamburg steak	Hard cooked eggs
*Toast and butter	Mashed potatoes	Escalloped tomato
*Milk or coffee	*Buttered carrots	Cabbage salad
	Bread and butter	Bread and butter
*Stewed apricots	*Gelatin and cream	*Prune whip
*Oatmeal with milk and sugar	*Milk	*Milk or tea
*Toast and butter	Beef stew with carrots, onions, potatoes	American cheese
*Milk or coffee	*Peas	Baked *rice with tomatoes
	Bread and butter	Lettuce salad
	*Chocolate junket	Bread and butter
	*Milk	*Apple sauce
		*Milk or tea
*Prunes	Baked fish	Creamed fish
*Pettijohns with milk and sugar	Mashed potatoes	Baked potatoes
*Toast and butter	*Asparagus	Stringbean salad
*Cocoa	Bread and butter	Bread and butter
	*Bread pudding	*Baked custard
	*Milk	*Milk or tea
*Stewed apricots	Fish chowder	Baked *rice and cheese
*Ralstons with milk and sugar	*Buttered peas	Tomato salad
*Toast and butter	Bread and butter	Bread and butter
*Milk	*Cornstarch pudding	*Apple snow
	*Milk	*Milk or tea
*Baked apple	*Eggs	*Cream of spinach soup
*Cornmeal with milk and sugar	Baked potatoes	Bacon
*Toast and butter	*Spinach	Baked dried lima beans
*Milk or coffee	Bread and butter	*Bread and butter
	*Rice pudding	*Canned or stewed peaches
	*Milk	*Milk or tea
*Stewed or canned peaches	Lamb stew with potatoes, carrots and onions	Baked hash
*Malt breakfast food with milk and sugar	Bread and butter	*Corn
*Toast and butter	*Tapioca pudding	Bread and butter
*Milk or coffee	*Milk	*Apple sauce
		*Cocoa

* These are the foods which the patient may eat

Dinner Pail Lunches

Milk and cream	Malted milk
Dry toast	Graham crackers
Baked custard	Gelatin
Ice cream	Canned pears
Eggnog	Rice and milk
Dry toast	Graham crackers
Applesauce	Puréed prunes
	Gelatin
Cold cocoa	Buttermilk
Dry toast	Dry toast
Baked apple without the skin	Rice pudding
Ice cream	Gelatin

Eggnog
Graham crackers
Tapioca pudding
Puréed apricots

HOW TO PREPARE FOODS LISTED FOR ROUTINE 1

Cocoa (*1 serving*)

Materials:

1 teaspoonful cocoa	¼ cup boiling water
2 teaspoonfuls sugar	⅝ cup milk

Method:

1. Mix cocoa and sugar
2. Add boiling water, stirring constantly
3. Put over flame
4. Boil two minutes
5. Heat milk in double boiler
6. Add cocoa mixture
7. Reheat and serve

Total recipe: protein, 6 Gm.; fat, 7 Gm.; carbohydrate, 19 Gm.; calories, 160.

White Sauce No. 1

Materials:

1 tablespoonful butter	1 cup scalded milk
1 tablespoonful flour	½ teaspoonful salt

Method:

1. Melt butter
2. Add flour
3. Stir until creamy
4. Cook over flame one minute, stirring constantly
5. Add milk gradually, stirring constantly
6. Cook over water until thick

Total recipe: protein, 10 Gm.; fat, 23 Gm.; carbohydrate, 18 Gm.; calories, 315.

White Sauce No. 2

Materials:

2 tablespoonfuls butter
2 tablespoonfuls flour
1 cup scalded milk
½ teaspoonful salt

Method:

1. Melt butter
2. Add flour
3. Stir until creamy
4. Cook over flame one minute, stirring constantly
5. Add milk gradually, stirring constantly
6. Cook over water until thick

Total recipe: protein, 11 Gm.; fat, 36 Gm.; carbohydrates, 23 Gm.; calories, 345.

White Sauce No. 3

Materials:

3 teaspoonfuls butter
3 teaspoonfuls flour
1 cup scalded milk
½ teaspoonful salt

Method:

1. Melt butter
2. Add flour
3. Stir until creamy
4. Cook over flame one minute, stirring constantly
5. Add milk gradually
6. Cook over water until thick

Total recipe: protein, 13 Gm.; fat, 49 Gm.; carbohydrate, 29 Gm.; calories, 607.

Cream of Pea Soup (*4 servings*)

Materials:

1 cup peas
1½ cups white sauce No. 1
Few grains salt
1 slice onion
1 tablespoonful chopped parsley
4 teaspoonfuls whipped cream

Method:

1. Mash peas well
2. Heat white sauce with onion and add peas
3. Add salt and mix well

4. Strain through coarse sieve into hot soup dish
5. Sprinkle with parsley and place whipped cream on top

Total recipe: protein, 22 Gm.; fat, 38 Gm.; carbohydrate, 37 Gm.; calories, 622.

One serving: protein, 6 Gm.; fat, 10 Gm.; carbohydrate, 9 Gm.; calories, 155.

Cream of Spinach Soup (*4 servings*)

Materials:

1 cup spinach
2 cups hot white sauce No. 1
Salt

Method:

1. Add spinach to white sauce and heat thoroughly
2. Season
3. Strain into hot soup dish

Total recipe: protein, 35 Gm.; fat, 56 Gm.; carbohydrate, 42 Gm.; calories, 812.

One serving: protein, 8 Gm.; fat, 14 Gm.; carbohydrate, 10 Gm.; calories, 203.

Egg in Nest (*1 serving*)

Materials:

1 egg
1 slice buttered toast
Salt
Parsley

Method:

1. Separate egg yolk from egg white
2. Beat white until stiff and pile on toast in shape of nest
3. Make a depression in center and drop yolk in this hollow
4. Cook in moderate oven three or four minutes.
5. Sprinkle with salt and garnish with parsley.

Total recipe: protein, 9 Gm.; fat, 10 Gm.; carbohydrate, 16 Gm.; calories, 190.

Cream of Wheat (*1 serving*)

Materials:

2 tablespoonfuls cream of wheat
¾ cup boiling water
⅛ teaspoonful salt

Method:

1. Sift cream of wheat into boiling salted water, stirring constantly
2. Cook over flame five minutes, stirring constantly
3. Cook over water for two hours, stirring occasionally
4. Serve in hot cereal dish
5. Serve with sugar and cream

Total recipe: protein, 2 Gm.; fat, —; carbohydrate, 14 Gm.; calories, 64.

Apple Snow (*2 servings*)

Materials:

⅓ cup apple pulp
1 egg white
1 tablespoonful sugar

Method:

1. Add sugar to apple pulp
2. Beat egg white very stiff
3. Fold apple pulp into stiffly beaten egg white
4. Serve with soft custard

Total recipe: protein, 3 Gm.; carbohydrates, 34 Gm.; calories, 146.

One serving: protein, 2 Gm.; carbohydrates, 17 Gm.; calories, 73.

Soft Custard (*2 servings*)

Materials:

1 cup scalded milk
1 tablespoonful sugar
⅛ teaspoonful salt
½ teaspoonful vanilla
1 egg yolk

Method:

1. Beat egg yolk slightly
2. Add sugar and salt to egg yolk
3. Pour scalded milk over egg mixture, stirring constantly
4. Cook in double boiler until mixture thickens, stirring constantly
5. Remove from hot water to a pan of cold water
6. Strain into a bowl
7. When cool add vanilla

Total recipe: protein, 11 Gm.; fat, 16 Gm.; carbohydrate, 27 Gm.; calories, 296.

One serving: protein, 6 Gm.; fat, 8 Gm.; carbohydrate, 14 Gm.; calories, 148.

Vanilla Ice Cream (*5 servings*)

Materials:

2 cups coffee cream, scalded
2 teaspoonfuls vanilla
⅛ teaspoonful salt
¾ cup sugar

Method:

1. Mix ingredients and freeze

Total recipe: protein, 14 Gm.; fat, 96 Gm.; carbohydrate, 80 Gm.; calories, 1,236.

One serving: protein, 3 Gm.; fat, 19 Gm.; carbohydrate, 16 Gm.; calories, 247.

Junket (*4 servings*)

Materials:

2 cups milk
2 tablespoonfuls sugar
½ junket tablet
½ teaspoonful vanilla
½ tablespoonful water

Method:

1. Heat milk to blood heat in double boiler
2. Dissolve junket tablet in water
3. Add sugar, vanilla and dissolved junket tablet to milk
4. Stir well
5. Pour into small cups
6. Keep in a warm place until set
7. Chill

Total recipe: protein, 16 Gm.; fat, 20 Gm.; carbohydrate, 54 Gm.; calories, 460.

One serving: protein, 4 Gm.; fat, 5 Gm.; carbohydrate, 14 Gm.; calories, 115 Gm.

Rice Pudding No. 2 (*4 servings*)

Materials:

½ cup rice
2 cups scalded milk
1 egg
½ teaspoonful salt
2 tablespoonfuls sugar

Method:

1. Wash rice
2. Scald milk in double boiler
3. Add rice to milk
4. Cook thirty minutes or until kernels are soft
5. Beat egg slightly
6. Add salt and sugar
7. Pour hot rice on egg, stirring constantly
8. Turn into baking dish
9. Bake twenty minutes in slow oven

Total recipe: protein, 30 Gm.; fat, 27 Gm.; carbohydrate, 133 Gm.; calories, 886.

One serving: protein, 8 Gm.; fat, 7 Gm.; carbohydrate, 33 Gm.; calories, 221.

Apple Sauce (*4 servings*)

Materials:

4 medium sized apples
2 tablespoonfuls sugar

Method:

1. Wipe, pare, quarter, core and slice apples
2. Cover with water
3. Cook rapidly until tender
4. Strain through a coarse sieve
5. Sweeten and flavor to taste
6. Chill and serve

Total recipe: protein, —; fat, 4 Gm.; carbohydrate, 98 Gm.; calories, 428.

One serving: protein, —; fat, 1 Gm.; carbohydrate, 25 Gm.; calories, 107.

PRACTICAL APPLICATION OF ROUTINE 1

John, a sturdy, stocky Austrian, came from a farm on the outskirts of the city to the dispensary for treatment for gastric ulcer and he listened attentively but without comment to the explanation of his diet with a final "Yes, Miss, I understand." He folded up the diet sheets and went out, leaving behind him a much perplexed dietitian. "Had he really understood? And how much? Could his wife prepare the foods? And where, away out there, could he get the milk and cream required?"

The next day she went out to visit him and as she walked along the seemingly endless country road she saw coming toward her a man leading a cow. He stopped in front of a trim little cottage and grinned broadly as she came up and then she recognized John.

"See, Miss, nice cow. You say milk and cream every day—no milk wagon come out here. I have three pigs and I trade for cow. Now I got plenty milk—all I want every day—come see where I put her," and the dietitian followed John, soon joined by John's wife and five children, to the tiny barn where the cow was installed with great ceremony.

A later visit revealed the fact that Mrs. John did not know how to poach eggs, so the dietitian prepared one. Mrs. John watched with almost breathless interest from the heating of the water to the careful placing of the egg on the toast and then she broke out "That's grand! Ain't that grand? If you'd told me I wouldn't have believed you could cook eggs out of their skins. I make now, you watch."

John's ulcer healed rapidly under this enthusiastic care, and the dietitian, visiting recently, found him working at his hot beds, transplanting the tiny lettuce plants. He was just as laconic as ever. "Yes, Miss, all right now, feel good; do lots of work—lots of work on a farm, Miss, and now it's spring, I hurry; get things done so they grow in the good sunshine." To make conversation, the dietitian asked about his truck garden and finally said "And of course you have some flowers?" "No, Miss, no flowers. I no bother with flowers, they pretty but I plant food; lots of hungry people in the world—lots of sick people—good vegetables food for hungry and make sick people well. I grow food."

Morning	10:00 a. m.	Noon	3:00 p. m.	Evening	8:30 p. m.
Puréed prunes Cream of wheat with milk and sugar Toast and butter Milk	Buttermilk Graham crackers	Boiled chicken Rice with gravy Puréed peas Toast and butter Gelatin and top milk Milk	Buttermilk Rice pudding	Cream of pea soup Poached egg on toast Toast and butter Apple sauce Cocoa	Prunes Toast and butter Milk
Apple sauce Wheatena with milk and sugar Toast and butter Cocoa	*Fruit juice gelatin with top milk	*Creamed chicken on toast Puréed spinach Toast and butter Rice with fruit sauce Milk	Graham crackers Eggnog Rice	Cream of spinach soup Baked potatoes Toast and butter Apricot tapioca pudding Milk	Milk and cream Graham crackers
Puréed apricots Strained oatmeal with milk and sugar Toast and butter Milk	Milk toast and butter Baked apple	Poached eggs on toast Baked potato Puréed asparagus Toast and butter Fruit juice gelatin with top milk	Ice cream Cocoa	Split pea soup (strained) Buttered rice Toast and butter Canned pears Milk	Baked apple Toast and butter Milk
Baked apple without skin Pettijohns with milk and sugar Toast and butter Milk	Apricot tapioca Eggnog	Baked fish Baked potatoes Puréed summer squash Toast and butter *Rice pudding with peaches	Malted milk Rice pudding	Cream of asparagus soup Toast and butter Puréed prunes Milk	Rice with peaches and top milk
Cornmeal with milk Puréed prunes and sugar Soft cooked eggs Toast and butter Milk	Buttermilk Custard	Cream of corn soup Baked potatoes Toast and butter Baked custard Milk	Buttermilk Graham crackers	Rice and milk Puréed spinach Toast and butter *Prune whip Milk	Pears Toast and butter Milk
Stewed or canned pears Ralstons with milk and sugar Toast and butter Milk	Baked custard Milk	Cream of asparagus soup Puréed peas Toast and butter Ice cream Milk	Ice cream Cocoa	Creamed eggs on toast Baked potatoes Toast and butter Baked apple without skin Milk	Applesauce Crackers Milk
Baked apple without skin Malt breakfast food with milk and sugar Toast and butter Milk	Milk toast and butter Gelatin	Scraped beef sandwich, toasted Puréed carrots Toast and butter Chocolate cornstarch pudding Milk	Eggnog Gelatin	Cream of pea soup Baked potatoes Toast and butter Apple snow Milk	Prune whip Toast and butter Milk

* Directions for preparing these foods are given elsewhere in this series of articles.

ROUTINE 2

Foods Allowed

Beverages: Buttermilk, cocoa, eggnog, malted milk, milk, milk and cream, and S. M. A.

Cream Soups: Made with sweet cream, sour cream or white sauce and strained vegetables; oyster stew and clam broth.

Breads: Toast, soda or graham crackers or zwiebach.

Eggs: Baked, coddled, creamed, hard cooked, poached, raw, soft cooked or soufflés.

Fats: Butter, cream, oil and oleomargarine.

Cereals: Cornmeal, cream of wheat, farina, hominy, malt breakfast food, strained oatmeal, pettijohns, ralstons, rice, wheatena.

Desserts: Apple snow, custard, gelatin, junket, prune whip, rice and other simple puddings, tapioca. Ice cream if eaten slowly.

Fruit Juices: Cherry and loganberry.

Fruits: Applesauce, baked apple without the skin, stewed dried apricots (puréed), canned or stewed peaches, canned or stewed pears, stewed prunes (puréed).

Vegetables: Puréed asparagus, lima beans, carrots, corn, peas, split peas, spinach, summer squash; baked potatoes.

Meats: Creamed or boiled chicken, scraped beef balls (broiled).

Fish: Any fresh fish, creamed, baked or boiled.

Foods to Avoid

Avoid catsup, chili sauce, horseradish, mustard, pickles, salt, highly seasoned foods, spices.

Avoid acid foods such as grapefruit, oranges and tomatoes.

Avoid vegetables such as dried beans, brussels sprouts, cabbage, cauliflower, cucumbers, onions, green peppers, radishes, sauerkraut and turnips.

Use fruits and vegetables only when cooked.

Avoid chicken broth, meat soups and gravies.

Avoid fried foods, hot breads and pastries.

Avoid very sweet foods such as cakes, candies and syrups.

Do not drink tea or coffee.

Do not eat cheese.

Do not eat cold meat.

Do not eat nuts.

NOTE.—Eat six small meals each day.

If You Lunch at a Restaurant

Boiled chicken
Rice with milk and sugar
Toast and butter
Baked apple without the skin
Milk

Cream Soup
Poached eggs on toast
Baked potato
Toast and butter
Ice cream
Milk

Split pea soup
Summer squash
Toast and butter
Baked custard
Milk

Broiled halibut
Baked squash
Baked potato
Toast and butter
Apple sauce
Milk

Cream soup
Baked potato
Carrots (mashed)
Canned or stewed pears
Toast and butter
Milk

Cream soup
Toast and butter
Chocolate cornstarch pudding
Applesauce
Milk

Cream soup
Soft cooked eggs
Baked potato
Toast and butter
Fruit gelatin with cream
Milk

Dinner Pail Lunches

Hard cooked egg
Dry toast
Applesauce
Malted milk

Applesauce
Dry toast
Baked custard
Milk

Baked custard
Graham crackers
Baked apple without skin
Milk

Baked apple
Graham crackers
Rice pudding
Milk

Dry toast
Chocolate cornstarch pudding
Stewed or canned pears
Eggnog

Dry toast
Rice with milk
Baked apple without skin
Milk

Hard cooked egg
Dry toast
Applesauce
Ice cream
Milk

HOW TO PREPARE FOODS LISTED FOR ROUTINE 2

Eggnog No. 1

Material:

1 egg
1 teaspoonful sugar
⅛ teaspoonful salt
¼ teaspoonful vanilla or few grains nutmeg
½ cup cold milk

Method:

1. Beat egg slightly
2. Add sugar, salt and flavoring to egg
3. Add milk to egg mixture
4. Beat thoroughly
5. Strain into a cold glass
6. Serve at once

Total recipe: protein, 10 Gm.; fat, 11 Gm.; carbohydrate, 11 Gm.; calories, 183.

Eggnog No. 2 (*1 serving*)

Material:

1 egg yolk
1 teaspoonful sugar
⅛ teaspoonful salt
¼ teaspoonful vanilla
½ cup cold milk
1 egg white

Method:

1. Beat yolk of egg slightly
2. Add sugar, salt and flavoring
3. Add milk and mix well
4. Beat egg white until stiff and fold into other mixture
5. Serve in a tall glass

Total recipe: protein, 10 Gm.; fat, 11 Gm.; carbohydrate, 11 Gm.; calories, 183.

Cream of Lima Bean Soup (*2 servings*)

Materials:

1½ cups white sauce No. 1
1 cup green lima beans, puréed
Salt

Method:

1. Combine white sauce and lima beans
2. Season
3. Strain into serving dish

Total recipe: protein, 24 Gm.; fat, 35 Gm.; carbohydrate, 64 Gm.; calories, 669.

One serving: protein, 12 Gm.; fat, 18 Gm.; carbohydrate, 32 Gm.; calories, 334.

Cream of Corn Soup (*4 servings*)

Materials:

1 cup canned corn
1½ cups white sauce No. 1
Salt

Method:

1. Heat corn
2. Rub through a strainer
3. Mix with white sauce
4. Season with salt
5. Strain into serving dish

Total recipe: protein, 20 Gm.; fat, 38 Gm.; carbohydrate, 73 Gm.; calories, 712.

TABLE 4.—*Suggested Menus for One Week for the Rest of the Family of a Patient on Routine 2*

Morning	Noon	Evening
*Prunes *Cream of wheat *Toast and butter *Milk or coffee	*Roast chicken *Rice with gravy *Peas Bread and butter *Gelatin with cream *Milk	*Poached eggs Lettuce and beet salad Bread and butter *Apple sauce *Cocoa
*Apple sauce *Wheatena with milk and sugar *Toast and butter *Cocoa	*Creamed chicken on toast *Baked potatoes *Spinach Bread and butter *Rice with fruit sauce *Milk	*Cream of spinach soup Cold meat *Baked potatoes Bread and butter *Apricot tapioca *Milk or tea
*Stewed apricots *Oatmeal with milk and sugar *Toast and butter *Milk or coffee	Hamburg steak *Baked potatoes *Stringbeans Bread and butter Bread pudding *Milk	*Split pea soup Creamed fish *Buttered rice Bread and butter *Canned pears *Milk or tea
*Baked apple *Pettijohns with milk and sugar *Toast and butter *Milk or coffee	*Baked fish *Baked potatoes *Summer squash Bread and butter *Rice pudding *Milk	Cold meat Escalloped tomatoes *Baked dried lima beans Bread and butter *Prunes *Milk or tea
*Prunes *Cornmeal with milk and sugar *Toast and butter *Milk or coffee	*Cream of corn soup Hash *Baked potatoes Tomato salad Bread and butter *Baked custard *Milk	Baked rice and cheese *Spinach Bread and butter Fresh, *stewed or *canned pears *Milk or tea
*Stewed, *canned or fresh pears *Ralstons with milk and sugar *Toast and butter *Milk or coffee	*Cream of asparagus soup Roast ham Mashed potatoes *Buttered peas Bread and butter *Ice cream *Milk	*Creamed eggs on toast *Baked potatoes Celery Bread and butter *Baked apple *Milk or tea
*Baked apples *Malt breakfast food with milk and sugar *Toast and butter *Milk or coffee	Lamb stew with potatoes *Carrots, and onions Bread and butter *Chocolate cornstarch pudding *Milk	*Cream of corn soup Bacon *Baked potatoes Sliced tomatoes *Apple snow *Milk or tea

* These are the foods which the patient may eat.

One serving: protein, 5 Gm.; fat, 9 Gm.; carbohydrate, 18 Gm.; calories, 178.

Creamed Eggs (*1 serving*)

Materials:

1 egg
1 pint boiling water
¼ cup white sauce No. 2
¼ teaspoonful salt
Few grains pepper

Method:

1. Place egg in pan
2. Pour boiling water over egg
3. Let stand (covered) in warm place for thirty minutes
4. Remove from hot water
5. Cool by covering with cold water
6. Remove shell
7. Slice into hot white sauce
8. Season with salt and pepper
9. Reheat and serve

Total recipe: protein, 9 Gm.; fat, 15 Gm.; carbohydrate, 6 Gm.; calories, 192.

Baked Eggs (*1 serving*)

Materials:

1 egg
1 teaspoonful butter
Salt

Method:

1. Butter a small baking dish
2. Break egg into baking dish, being careful not to break yolk
3. Sprinkle with salt and dot with butter
4. Place dish in small pan of hot water
5. Place pan in moderate oven
6. Bake until white of egg has set
7. Serve at once

Total recipe: protein, 6 Gm.; fat, 10 Gm.; carbohydrate, —; calories, 114.

Cornmeal (*1 serving*)

Material:

2 tablespoonfuls cornmeal
⅔ cup boiling water
⅛ teaspoonful salt

Method:

1. Sift cornmeal into boiling salted water
2. Cook over flame five minutes, stirring constantly
3. Cook over water three hours, stirring occasionally
4. Serve in a hot cereal dish
5. Serve sugar and cream with cornmeal

Total recipe: protein, 1 Gm.; fat, —; carbohydrate, 16 Gm.; calories, 70.

Spanish Cream (*2 servings*)

Materials:

1 teaspoonful gelatin
1 cup milk
1 egg
1 tablespoonful sugar
Pinch salt
1 teaspoonful vanilla

Method:

1. Soak gelatin in ¼ cup cold milk
2. Scald remaining milk
3. Add sugar and salt to egg yolk and beat until thick and lemon colored
4. Pour scalded milk on egg yolk
5. Cook in double boiler until mixture begins to thicken
6. Remove from fire and add soaked gelatin and vanilla
7. When partially cool add stiffly beaten egg white
8. Pour into molds and put in a cool place

Total recipe: protein, 18 Gm.; fat, 16 Gm.; carbohydrate, 27 Gm.; calories, 320.

One serving: protein, 9 Gm.; fat, 8 Gm.; carbohydrate, 14 Gm.; calories, 160.

Malted Milk Custard (*2 servings*)

Materials:

1 egg
2 tablespoonfuls sugar
4 tablespoonfuls malted milk
1 cup scalded milk
⅛ teaspoonful salt
½ teaspoonful vanilla

Method:

1. Beat egg
2. Add sugar and malted milk
3. Continue beating until smooth
4. Pour scalded milk over egg
5. Add salt and vanilla
6. Strain into custard cups
7. Set cups in a pan of hot water
8. Bake in a slow oven until firm

Total recipe: protein, 20 Gm.; fat, 19 Gm.; carbohydrate, 70 Gm.; calories, 454.

One serving: protein, 10 Gm.; fat, 10 Gm.; carbohydrate, 35 Gm.; calories, 227.

Apricot Whip (*2 servings*)

Materials:

9 halves stewed apricots
1 tablespoonful sugar
1 egg white

Method:

1. Rub apricots through a strainer
2. Add sugar
3. Beat egg white until very stiff
4. Fold apricot pulp into stiffly beaten egg white
5. Serve with soft custard

Total recipe: protein, 5 Gm.; fat, —; carbohydrate, 51 Gm.; calories, 223.

One serving: protein, 2 Gm.; fat, —; carbohydrate, 25 Gm.; calories, 111.

Peach Juice Gelatin (*1 serving*)

Materials:

1 teaspoonful gelatin
1 tablespoonful cold water
½ cup canned peach juice

Method:

1. Add cold water to gelatin; soak for three minutes
2. Heat peach juice to boiling point and add to gelatin
3. Stir constantly until dissolved
4. Put in cool place
5. When firm remove from mold and serve

Total recipe: protein, 4 Gm.; fat, —; carbohydrate, 10 Gm.; calories, 53.

Spinach Soufflé (*3 servings*)

Materials:

2 tablespoonfuls butter
4 tablespoonfuls flour
⅓ teaspoonful salt
⅔ cup scalded milk
1 cup cooked spinach
3 eggs

Method:

1. Melt butter
2. Add flour and salt
3. Stir until creamy
4. Cook over flame one minute, stirring constantly
5. Add milk gradually to butter and flour, stirring constantly
6. Cook over water until mixture thickens, stirring constantly
7. Continue cooking for thirty minutes, stirring occasionally
8. Rub spinach through a strainer and add to white sauce
9. Beat the egg yolks and slowly add the white sauce
10. Fold in stiffly beaten egg whites
11. Pour in buttered baking dish
12. Place dish in hot water
13. Bake in slow oven until firm
14. Serve at once

Total recipe: protein, 31 Gm.; fat, 59 Gm.; carbohydrate, 36 Gm.; calories, 795.

One serving: protein, 10 Gm.; fat, 20 Gm.; carbohydrate, 12 Gm.; calories, 265.

Creamed Chicken (*1 serving*)

Materials:

¼ cup white sauce No. 2
⅓ cup cold cooked chicken cut in pieces

Method:

1. Heat white sauce in double boiler
2. Add cold chicken
3. Allow to remain in double boiler until thoroughly heated

Total recipe: protein, 13 Gm.; fat, 18 Gm.; carbohydrate, 6 Gm.; calories, 233.

Creamed Fish (*1 serving*)

Materials:

⅓ cup cold, cooked fish
½ cup white sauce
¼ teaspoonful salt
Few grains pepper

Method:

1. Break up fish into flakes
2. Heat white sauce
3. Season with salt and pepper
4. Serve at once

Total recipe: protein, 19 Gm.; fat, 9 Gm.; carbohydrate, 6 Gm.; calories, 183.

PRACTICAL APPLICATION OF ROUTINE 2

"This is Carl," the doctor said from the doorway, "put him on routine 2. I don't know how much you'll get over to him," he added as he turned away. "He can't speak English."

The dietitian looked at Carl, and Carl, a mild looking man of about 40, looked at her. "No spik English," he volunteered.

So the dietitian began an object lesson in cooking and in a few needed foods. She showed him the foods he should eat and then demonstrated carefully cream soup. Carl watched closely, smiled and then said "Pete." "Who's Pete?" the dietitian asked, but Carl replied in Roumanian.

The next day the dietitian visited Carl in the queer ramshackle tenement where he lived. Carl came to the door, smiled broadly when he saw her and called "Pete!" Pete came forward from an inner room; a tall, broad-shouldered man with bright dark eyes and fierce mustachios. He spoke in English. "Good day, Mees," he said as he bowed her into a chair. "Carly he tell me all he should eat and see, I get." He began to pull bags and boxes from the shelves. "See—farina, eggs, milk. All that you say. I cook in the old country and I know all that you tell me. Carly get well now." He sat back and folded his hands over his generous waistcoat. "Carly and me we friends in the old country. I come here, then he come. Now he sick I take care

of him." The dietitian talked about the list of "mustn'ts" stressing "no coffee," and Pete said, "Mees, I make him carrot coffee. In the old country we give to children. Carly like baby and I make carrot coffee. You come next week, I teach you how."

ROUTINE 3

Foods Allowed

Beverages: Buttermilk, cocoa, weak coffee, eggnog, malted milk, milk, milk and cream, postum, S. M. A., tea, Kaffee Hag.

Cream Soups: Made with sweet cream, sour cream or white sauce and strained vegetables; oyster stew, clam broth and chicken broth.

Breads: Any except very fresh breads.

Eggs: Any style except fried.

Fats: Butter, cream, oil and oleomargarine.

Cereals: Bran flakes, cornflakes, cornmeal, cream of wheat, farina, hominy, malt breakfast food, strained oatmeal, pettijohns, puffed rice, puffed wheat, ralstons, rice, shredded wheat biscuit.

Desserts: Apple snow, custard, gelatin, junket, prune whip, rice and other simple puddings, tapioca; ice cream, ices, sponge cake or simple cup cakes.

Fruits: Cooked—apples, apricots, white cherries, peaches, pears, red raspberries, strawberries; dried and stewed—apricots, figs, prunes; fresh—apricots, figs, peaches, pears, red raspberries, strawberries (grapefruit, oranges, by permission of physician); juices—cherry, loganberry, orange, pineapple and strawberry (small amount of lemon juice).

Vegetables: Cooked—asparagus, lima beans, stringbeans, wax beans, carrots, corn (puréed), egg plant, peas, Irish potatoes, sweet potatoes, spinach and squash; dried and stewed—peas; fresh—celery, lettuce, watercress.

Salads: Made with any of the allowed fruits and vegetables.

Salad Dressings: Mayonnaise dressing, cream salad dressing, whipped cream dressing.

Meats: Creamed, boiled, broiled, baked or roast chicken, lamb, veal and beef, crisp bacon.

Fish: Any fresh or salt fish not fried or pickled.

Cheese: Cottage and cream cheese.

Jams and Jellies: Simple fruits.

Foods to Avoid

Avoid catsup, chili sauce, horseradish, mustard, pickles, salt, highly seasoned foods and much spice.

Avoid such vegetables as dried beans, brussels sprouts, cabbage, cauliflower, cucumbers, onions, green peppers, radishes, sauerkraut and turnips.

Avoid meat soups and gravies.

Avoid corned beef, frankfurters, pork, sausages and all cold meats.

Avoid fried foods, hot breads and pastries.

Do not overeat of any one food.

Do not eat nuts.

If You Lunch at a Restaurant

Cream cheese
Combination salad (allowed vegetables)
Rolls and butter
Baked apple
Milk

Chicken rice soup
Creamed salmon
Bread and butter
Bread pudding
Milk

Hot roast beef sandwich
Lettuce salad
Bread and butter
Orange gelatin
Milk

Cream soup
Baked potatoes
Celery
Bread and butter
Canned pears
Milk

Split pea soup
Bacon and eggs (not fried)
Pear and celery salad
Bread and butter
Milk

Lamb chop
Lettuce salad
Rolls and butter
Apple Brown Betty
Tea

Baked chicken and rice
Fruit salad
Rolls and butter
Milk

Dinner Pail Lunches

Cream cheese sandwich
Jelly sandwich
Red raspberries
Cupcake
Milk

Lettuce sandwich
Cream cheese sandwich
Pear or any other allowed fruits in season
Sponge cake
Milk

Salmon sandwich
Lettuce sandwich
Fresh peach
Crackers
Milk

Watercress sandwich
Egg sandwich
Peach or any other allowed fruits in season
Cupcake
Milk

Bacon sandwich
Egg sandwich
Baked apple
Cupcake
Milk

Lettuce sandwich
Bacon sandwich
Red raspberries or any other allowed fruits in season
Crackers
Milk

Cream cheese sandwich
Chopped celery sandwich
Baked apple
Custard
Milk

TABLE 5.—*Suggested Menus for One Week on Routine 3*

Morning	Noon	Evening
Apple sauce Oatmeal (strained) Poached egg Toast and butter *Coffee	Broiled Hamburg patties Peas Head lettuce with oil Bread and butter Baked rice pudding Tea	Cream of pea soup Egg salad Baked potatoes Bread and butter Canned peaches Tea
*Stewed prunes Cornflakes Bacon (very crisp) Toast and butter Coffee	Broiled beef Carrots Stringbeans Bread and butter Fruit gelatin with top milk Tea	Creamed eggs on toast Carrots Bread and butter Prune whip Milk
Baked apple Cream of wheat Poached eggs Toast and butter Coffee	Lamb chops Baked potatoes Asparagus Celery *Cornstarch pudding Tea	*Cream of celery soup Crisp bacon Peas Bread and butter *Sponge cake Canned pears Tea
*Stewed apricots Malt breakfast food Bacon (very crisp) Toast and butter Coffee	Roast chicken Mashed potatoes Spinach *Graham whip Tea	Creamed chicken on toast Head lettuce with mayonnaise Baked potato *Apricot whip Cocoa
Peach (very ripe) Poached egg Wheatena Toast and butter Coffee	Roast beef Boiled potatoes Carrots Rolls and butter *Brown Betty Tea	Spinach custard *Fruit salad Rolls and butter *Tapioca pudding Milk
Pears (very ripe) Oatmeal (strained) Egg, soft cooked Toast and butter Coffee	Broiled halibut Stringbeans *Head lettuce with mayonnaise Stewed figs Bread and butter Milk	Cream of corn soup Boiled beef Stringbeans Prune custard Cookies Tea
Prunes Cornmeal Bacon (very crisp) Toast and butter Coffee	Roast lamb Boiled potatoes Celery Bread and butter Custard Tea	Chicken soup Cream cheese Fresh fruit salad Bread and butter Cup cake Tea

* Directions for preparing these foods are given elsewhere in this series of articles.

HOW TO PREPARE FOODS LISTED FOR ROUTINE 3

Chocolate Malted Milk (*1 serving*)

Materials:

- 1 teaspoonful sugar
- 1 teaspoonful cocoa
- 1 tablespoonful water
- 2 teaspoonfuls malted milk
- ⅔ cup milk
- 1 egg

Method:

1. Mix sugar, cocoa and water
2. Boil two minutes
3. Mix malted milk with cold water
4. Stir until creamy and smooth
5. Beat egg slightly
6. Add malted milk mixture
7. Add cocoa syrup
8. Serve very cold

Total recipe: protein, 13 Gm.; fat, 14 Gm.; carbohydrate, 18 Gm.; calories, 242.

Plain Malted Milk

Materials:

- 2 tablespoonfuls malted milk
- ¼ cup cold milk
- ½ cup hot milk

Method:

1. Mix malted milk with cold milk
2. Stir until creamy and smooth
3. Add hot milk gradually, stirring constantly
4. Serve hot

Total recipe: protein, 11 Gm.; fat, 10 Gm.; carbohydrate, 29 Gm.; calories, 252.

Oyster Stew (*6 servings*)

Materials:

- 1 pint oysters
- 2 tablespoonfuls butter
- 1 teaspoonful salt
- 1 quart scalded milk

Method:

1. Clean and drain oysters
2. Heat liquid to boiling point
3. Strain liquid through cheese cloth
4. Add oysters
5. Cook until edges of oysters curl
6. Remove oysters with a skimmer
7. Put oysters in a hot dish with butter and salt
8. Combine oyster liquid and scalded milk
9. Pour over oysters
10. Serve with crackers

Total recipe: protein, 68 Gm.; fat, 74 Gm.; carbohydrate, 68 Gm.; calories, 1,208.

One serving: protein, 11 Gm.; fat, 12 Gm.; carbohydrate, 11 Gm.; calories, 201.

Potato Soup (*4 servings*)

Materials:

- 3 cups mashed potatoes
- 3 cups milk
- 1 slice onion
- 2 tablespoonfuls butter
- 1½ teaspoonfuls salt
- ¼ teaspoonful celery salt
- Parsley

Method:

1. Scald milk with onion
2. Add milk slowly to potato
3. Melt butter
4. Add flour
5. Stir until smooth
6. Cook over water until thick
7. Add salt, celery salt and parsley
8. Strain and serve

Total recipe: protein, 39 Gm.; fat, 56 Gm.; carbohydrate, 157 Gm.; calories, 1,287.

One serving: protein, 10 Gm.; fat, 14 Gm.; carbohydrate, 39 Gm.; calories, 322.

Egg Timbales (*4 servings*)

Materials:

- 1 tablespoonful butter
- 1 tablespoonful flour
- ¾ cup milk, scalded
- 3 eggs
- Salt
- ½ cup purée of carrots

Method:

1. Melt butter, stir in flour
2. Add milk and cook until thick, stirring constantly
3. Add egg yolks, beaten
4. Add well beaten whites, salt and puréed carrots
5. Pour into buttered molds and bake in a pan of hot water until firm

Total recipe: protein, 26 Gm.; fat, 39 Gm.; carbohydrates, 26 Gm.; calories, 561.

One serving: protein, 7 Gm.; fat, 10 Gm.; carbohydrates, 7 Gm.; calories, 140.

Rolled Oats (*4 servings*)

Materials:

- 1 cup rolled oats
- 2 cups boiling water
- ½ teaspoonful salt

Method:

1. Add rolled oats to boiling salted water and cook over flame five minutes, stirring all the time
2. Put in top part of double boiler and cook two hours

Total recipe: protein, 12 Gm.; fat, 5 Gm.; carbohydrates, 52 Gm.; calories, 297.

One serving: protein, 3 Gm.; fat, 1 Gm.; carbohydrates, 13 Gm.; calories, 74.

Apricot Soufflé (*3 servings*)

Materials:

1 tablespoonful butter
1 tablespoonful flour
½ cup scalded milk
2 eggs
2 tablespoonfuls sugar
¼ teaspoonful salt
½ cup puréed apricots

Method:

1. Melt butter
2. Add flour and stir until creamy
3. Cook over flame one minute, stirring constantly
4. Add hot milk gradually and cook until mixture thickens, stirring occasionally
5. Beat egg yolks, add sugar and salt
6. Pour milk mixture slowly over egg yolks, stirring constantly
7. Add apricot pulp
8. Beat egg whites very stiff and fold into sauce
9. Turn into buttered baking dish and bake slowly for thirty-five minutes
10. Serve at once

Total recipe: protein, 22 Gm.; fat, 28 Gm.; carbohydrate, 81 Gm.; calories, 661.

One serving: protein, 7 Gm.; fat, 9 Gm.; carbohydrate, 27 Gm.; calories, 220.

Brown Betty (*5 servings*)

Materials:

4 tablespoonfuls butter
2 cups bread crumbs
4 large apples
½ cup sugar

Method:

1. Melt butter
2. Add crumbs
3. Pare, core and slice apples
4. Spread a layer of crumbs in the buttered baking dish
5. Add half the apples
6. Sprinkle with one half of the sugar and nutmeg
7. Add remaining apples and sugar
8. Add remaining crumbs
9. Bake forty minutes in a moderate oven

Total recipe: protein, 12 Gm.; fat, 56 Gm.; carbohydrate, 254 Gm.; calories, 1,568.

One serving: protein, 2 Gm.; fat, 11 Gm.; carbohydrate, 51 Gm.; calories, 313.

Fruit Gelatin (*2 servings*)

Materials:

1 teaspoonful gelatin
1 tablespoonful cold water
¾ cup boiling water
1 tablespoonful sugar
2 tablespoonfuls lemon juice
½ orange, sliced
¼ grapefruit
2 tablespoonfuls red cherries

Method:

1. Soak gelatin in cold water
2. Dissolve in boiling water
3. Add sugar
4. When cool, add lemon juice, sliced orange, grapefruit and cherries
5. Pour into molds
6. Set in cold place to harden

Total recipe: protein, 4 Gm.; fat, 1 Gm.; carbohydrate, 35 Gm.; calories, 160.

One serving: protein, 2 Gm.; fat, —; carbohydrate, 18 Gm.; calories, 80.

Graham Whip (*2 servings*)

Materials:

2 teaspoonfuls gelatin
1 tablespoonful cold water
2 tablespoonfuls boiling water
1 tablespoonful sugar
¾ cup ground graham crackers
1 teaspoonful vanilla
¾ cup whipped cream

Method:

1. Soak gelatin in cold water five minutes
2. Add boiling water and stir until gelatin is dissolved
3. Add sugar and cool
4. When cool add graham cracker crumbs and vanilla
5. Fold in the whipped cream
6. Pour into molds and allow to stand in cool place until firm

Total recipe: protein, 15 Gm.; fat, 23 Gm.; carbohydrate, 72 Gm.; calories, 554.

One serving: protein, 7 Gm.; fat, 12 Gm.; carbohydrate, 36 Gm.; calories, 277.

Stewed Dried Apricots (*4 servings*)

Materials:

12 halves dried apricots
2 cups water

Method:

1. Wash apricots
2. Soak three hours in cold water
3. Cook slowly in the same water until soft
4. Cool
5. Serve in small dish

Total recipe: protein, 4 Gm.; fat, 1 Gm.; carbohydrate, 45 Gm.; calories, 200.

One serving: protein, 1 Gm.; fat, —; carbohydrate, 11 Gm.; calories, 50.

Stewed Prunes (*4 servings*)

Materials:

24 dried prunes, medium size
2 cups water
2 slices lemon

Method:

1. Wash prunes
2. Soak in water five hours
3. Cook slowly in same water
4. Add lemon
5. Cook two minutes longer
6. Serve very cold

Total recipe: protein, 4 Gm.; fat, —; carbohydrate, 136 Gm.; calories, 561.

One serving: protein, 1 Gm.; fat, —; carbohydrate, 34 Gm.; calories, 140.

Creamed Carrots (*2 servings*)

Material:

½ cup carrots
½ cup white sauce No. 2
2 cups boiling water
¼ teaspoonful salt

Method:

1. Wash and scrape carrots
2. Cut into small cubes
3. Cook in boiling salted water until tender
4. Drain
5. Add carrots to hot white sauce
6. Serve in hot vegetable dish

Total recipe: protein, 6 Gm.; fat, 19 Gm.; carbohydrate, 19 Gm.; calories, 262.

One serving: protein, 3 Gm.; fat, 9 Gm.; carbohydrate, 9 Gm.; calories, 131.

Creamed Peas (*2 servings*)

Material:

¾ cup cooked peas
½ cup white sauce No. 2
¼ teaspoonful salt

Method:

1. Add peas to white sauce
2. Season
3. Serve at once

Total recipe: protein, 10 Gm.; fat, 18 Gm.; carbohydrate, 27 Gm.; calories, 309.

One serving: protein, 5 Gm.; fat, 9 Gm.; carbohydrate, 13 Gm.; calories, 154.

Escalloped Potatoes (*6 servings*)

Materials:

6 medium sized potatoes
3 tablespoonfuls flour
Salt and pepper
3 tablespoonfuls butter
2 cups milk

Method:

1. Wash and pare potatoes
2. Slice very thin
3. Place a layer of potato in baking dish

4. Sprinkle with flour, salt and pepper
5. Dot with butter
6. Add another layer of potatoes, flour and butter
7. Repeat until potatoes are all used
8. Add milk to cover
9. Cook very slowly for about two hours

Total recipe: protein, 37 Gm.; fat, 59 Gm.; carbohydrate, 209 Gm.; calories, 1,513.

One serving: protein, 6 Gm.; fat, 10 Gm.; carbohydrate, 35 Gm.; calories, 252.

Egg Salad (*1 serving*)

Materials:

- 1 hard cooked egg
- ½ tablespoonful French dressing
- ⅛ teaspoonful mustard
- 1 tablespoonful cream dressing
- 2 small leaves of lettuce
- Few grains of paprika

Method:

1. Cut egg into halves, lengthwise
2. Remove yolk
3. Mash yolk and add French dressing and mustard
4. Refill egg white with yolk mixture
5. Arrange on lettuce leaves on a salad plate
6. Put combination dressing on top
7. Sprinkle with paprika
8. Serve at once

Total recipe: protein, 7 Gm.; fat, 15 Gm.; carbohydrate, 2 Gm.; calories, 164.

Vegetable Salad No. 1 (*1 serving*)

Materials:

- ¼ cup cooked carrots cut in small cubes
- ¼ cup cooked string-beans cut in half-inch pieces
- ¼ cup of French dressing
- 1 leaf of lettuce
- 2 tablespoonfuls cream dressing

Method:

1. Marinate vegetables with French dressing for half hour
2. Arrange vegetables in four groups on lettuce leaf on salad plate
3. Place cream salad dressing in center of vegetables
4. Serve very cold

Total recipe: protein, 3 Gm.; fat, 57 Gm.; carbohydrate, 10 Gm.; calories, 560.

Dressed Watercress (*1 serving*)

Materials:

- ½ small bunch watercress
- 4 tablespoonfuls French dressing

Method:

1. Wash watercress
2. Remove roots, drain and chill

3. Arrange on a salad plate
4. Serve with French dressing

Total recipe: protein, —; fat, 53 Gm.; carbohydrate, 5 Gm.; calories, 499.

French Dressing

Materials:

8 tablespoonfuls oil
1 tablespoonful lemon juice

Method:

Blend well

Total recipe: protein, —; fat, 120 Gm.; carbohydrate, —; calories, 1,081.

One tablespoonful: protein, —; fat, 13 Gm.; carbohydrate, —; calories, 120.

Mayonnaise

Materials:

2 tablespoonfuls lemon juice
2 cups oil
1 egg
1 teaspoonful salt

Method:

1. Put lemon juice or vinegar in a bowl
2. Add 5 tablespoonfuls of the oil and beat well
3. Add the egg
4. Add remaining oil very slowly at first and continue to beat until all the oil has been added
5. Add salt

Total recipe: protein, 6 Gm.; fat, 486 Gm.; carbohydrate, 1 Gm.; calories, 4,400.

One tablespoonful: protein, —; fat, 13 Gm.; carbohydrate, —; calories, 118.

Minced Lamb on Toast (*2 servings*)

Materials:

2 slices roast lamb
½ cup chicken broth
½ tablespoonful butter
½ tablespoonful flour
Salt, pepper, celery salt
1 slice bread

Method:

1. Chop meat fine
2. Brown butter and flour
3. Add water or chicken broth to butter and flour, stirring until smooth
4. Cook until thick, stirring constantly
5. Add meat to gravy
6. Season with salt, pepper and celery salt
7. Serve on toast

Total recipe: protein, 34 Gm.; fat, 23 Gm.; carbohydrate, 19 Gm.; calories, 414.

One serving: protein, 17 Gm.; fat, 11 Gm.; carbohydrate, 9 Gm.; calories, 207.

Chicken Custard (*1 serving*)

Materials:

- 1 egg
- ½ cup milk
- ¼ cup chopped cooked chicken
- ¼ teaspoonful salt
- 1 teaspoonful butter

Method:

1. Beat egg slightly
2. Add milk
3. Add chopped chicken and salt
4. Pour in small baking dish which has been greased with butter
5. Set in pan of hot water and bake in moderate oven until firm

Total recipe: protein, 18 Gm.; fat, 22 Gm.; carbohydrate, 6 Gm.; calories, 292.

PRACTICAL APPLICATION OF ROUTINE 3

At 2 o'clock one morning, Peter Gruska was rushed to the hospital for an emergency operation. Four weeks later he left the hospital with carefully written instructions about his diet. The following day the dietitian dropped in to see Mrs. Gruska and to make sure there was no doubt in her mind about her husband's food. But poor Mrs. Gruska spoke no English. Furthermore, there were six children to take care of and naturally she was not too enthusiastic about preparing two sets of meals each day. The interpreting was done by Mary, a child about 12 years old, and it was on her that the responsibility of her father's diet seemed to rest. There were many foods mentioned on the diet list which were entirely unknown to Mary and her mother. Shortly after this, Mary and the dietitian went shopping for some of the unknown foods. They returned to Mrs. Gruska with a box of wheatena and a squash. The next step was to show her how to cook these strange things. Mr. Gruska asked about some pudding which he had eaten in the hospital. One afternoon, the dietitian took Mary over to the hospital—it was only a few blocks away—and gave her several kinds of puddings to taste. Little by little she learned to cook these puddings and

many other things which were included in her father's diet, and at the same time were good for the whole family.

Two months after Mr. Gruska left the hospital he was back at work. And still he followed his diet. You would have laughed to see him start out; his pockets were packed with a jar of applesauce or canned fruit, a pint of milk, dry toast, eggs. This was six months ago. Today his diet is a bit more liberal, but he receives constant supervision.

CHAPTER IV

THE "HIGH CALORIC" DIET

Atony of the stomach with gastroptosis, we believe, is often the result of undernutrition. It is observed usually in nervous individuals who have been the subject of worry, excitement or mental depression and it may occur as the result of bad habits of eating and the consumption of indigestible foods. It is also often secondary to certain chronic diseases such as tuberculosis and typhoid in which there occurs great loss of weight.

Since undernutrition appears to be an important cause in this condition, the diet indicated for remedial purposes should provide meals of moderate bulk, but of foods easily and readily digested and such as will cause little gastric disturbance. We wish to include a high measure of fat and to restore tone to the gastric tract.

The method used for making up suggested menus for "reducing diets" might also be used for cases of gastric atony, although the aim is the reverse of reducing.

GENERAL SUGGESTIONS FOR A "HIGH CALORIC" DIET

1. No change in weight, either addition of weight or reduction of weight, should be attempted without consulting a physician.
2. A reasonable amount of outdoor exercise should be taken; this will also tend to increase appreciation of food.
3. Each person must have individual attention to the diet, but, generally speaking, the caloric range should be from 3,000 to 4,500 calories.
4. The increased food intake should be planned to extend over a period of months.
5. It should be remembered that the calories are not the only measuring stick for our food.
6. The protein content should not be less than 50 Gm., except in an unusal condition.
7. A pint of milk should be taken daily.
8. Vitamins should be included: (*a*) from whole milk, cream, butter or eggs; (*b* and *c*) from fruits and vegetables.
9. There should be sufficient bulk to induce normal bowel action every day.
10. Since excessive bulk is not desired, fats and sugar must be depended on for the increased calories.
11. The daily intake should be divided up among six feedings whenever possible.

The foods listed are those suggested in table 1 for the diet. Suitable menus are presented in the subsequent tables.

TABLE 1.—*Suggested Foods for the "High Caloric" Diet* *

	Amount	Grams Protein	Calories
Beverages			
Buttermilk	6 ounces	5	62
Cocoa	6 ounces	6	160
Chocolate	6 ounces	7	229
Chocolate egg and milk shake	6 ounces	11	216
Eggnog	6 ounces	10	183
Chocolate malted milk	6 ounces	13	242
Kaffee Hag	6 ounces		
Malted milk	6 ounces	11	252
Milk	6 ounces	6	128
Milk and cream	6 ounces (3 ounces of each)	6	250
Postum	6 ounces		8
S. M. A. (single strength)	6 ounces	3	125
Soups			
Cream of asparagus soup	Average serving	4	180
Cream of celery soup	Average serving	3	119
Cream of lima bean soup	Average serving	12	334
Cream of mushroom soup	Average serving	7	205
Cream of pea soup	Average serving	6	156
Cream of potato soup	Average serving	10	322
Cream of spinach soup	Average serving	8	203
Lettuce soup	Average serving	10	332
Split pea soup	Average serving	19	476
Oyster stew	Average serving	11	201
Vegetable soup	Average serving	1	139
Breads and Crackers			
Entire wheat bread	1 slice 4½ by 3½ by ½ inches	2	64
Linn's vitamin whole wheat bread	1 slice ⅝ inch thick	3	77
Rye bread	1 slice 4½ by 3¼ by ½ inches	3	76
White bread	1 slice 4½ by 4¼ by ½ inches	3	76
Graham crackers	1 cracker	1	37
Soda crackers	1 cracker	1	33
Zwieback	1 piece	1	33
Eggs			
Creamed eggs	Average serving	9	192
Eggs à la goldenrod	Average serving	12	344
Hard cooked eggs	1 egg	6	78
Omelet	1 egg plus 1 tablespoonful butter	6	195
Poached egg	1 egg plus 1 teaspoonful butter	6	114
Soft cooked egg	1 egg plus 1 teaspoonful butter	6	114
Egg timbales	Average serving	7	140
Fats			
Bacon fat	1 tablespoonful		135
Butter	1 tablespoonful		117
Cream, coffee	4 tablespoonfuls	2	124
Cream, heavy	2 tablespoonfuls	0.5	107
Salad oil	4 tablespoonfuls		540
Cereals			
Bran flakes	½ cup	4	108
Corn flakes	½ cup	1	44
Cornmeal	½ cup	1	70
Cream of wheat	½ cup	2	66
Grapenuts	¼ cup	4	105
Malt breakfast food	½ cup	3	71
Pettijohns	½ cup	2	88
Puffed rice	½ cup	0.5	26
Puffed wheat	½ cup	1	24

* None of these foods should be fried. Use as much cream and butter or bacon fat as can be taken acceptably.

TABLE 1—*Suggested Foods for the "High Caloric" Diet—Continued*

Cereals—Continued	Amount	Grams Protein	Calories
Ralstons	½ cup	2	71
Rice	½ cup	2	87
Rolled oats	½ cup	3	72
Shredded wheat biscuit	1	3	100
Wheatena	½ cup	4	78
Desserts			
Apple snow and custard sauce	Average serving	7	221
Apricot whip	Average serving	2	111
Bread pudding	Average serving	7	243
Brown Betty	Average serving	2	313
Cornstarch pudding	Average serving	7	246
Custard	Average serving	7	154
Gelatin (average)	4 ounces	4	159
Graham whip	Average serving	7	277
Ice cream	Average serving	3	247
Malted milk custard	Average serving	10	227
Prune whip	Average serving	9	141
Rice pudding no. 1	Average serving	8	221
Spanish cream	Average serving	9	160
Sponge cake	Average serving	5	216
Tapioca cream	Average serving	4	172
Loganberry ice	Average serving		152
Apple tapioca	Average serving		138
Fruits			
Baked apples	1		117
Jellied apples	Average serving	2	124
Apple sauce	Average serving		107
Apricots (canned)	2 halves and 3 tablespoonfuls juice	1	91
Apricots (fresh)	3	1	56
Apricots (dried and stewed)	3 halves	1	50
Avocado pears	½ average pear	2	136
Cantaloupe	½ small	1	60
Figs (fresh)	2 figs (medium)	2	81
Figs (dried and stewed)	2	2	128
Loganberries (canned)	Average serving	No figures available	
Peaches (canned)	½ plus 1½ tablespoonfuls juice	1	35
Peaches (fresh)	1	1	44
Pears (canned)	½ plus 3 tablespoonfuls juice		87
Pears (fresh)	1	1	44
Prunes (dried and stewed)	6 prunes	1	140
Red raspberries (canned)	½ cup	No figures available	
Red raspberries (fresh)	½ cup		36
Strawberries (canned)	½ cup	1	99
Strawberries (fresh)	½ cup	1	33
White cherries (canned)	8 cherries and 3 tablespoonfuls juice	1	90
†Grapefruit	½ medium	1	30
†Orange, large	1	1	60
†Orange, medium	1	1	40
Fruit Juices			
Red cherry juice (canned)	6 ounces	No figures available	
Lemon juice	1 tablespoonful		1
Loganberry juice (not diluted)	2 ounces		75
Orange juice	6 ounces	1	69
Pineapple juice (canned)	6 ounces	1	277
Strawberry juice (canned)	6 ounces	1	177
Vegetables			
Asparagus loaf	Average serving	7	148
Asparagus	8 stalks plus 1 teaspoonful butter	1	48
Celery	4 pieces 5 inches long		8
Asparagus soufflé	Average serving	8	168
Lima beans	½ cup plus 1 teaspoonful butter	8	192
Stringbeans	½ cup plus 1 teaspoonful butter	1	52

† If allowed by physician.

TABLE 1.—*Suggested Foods for the "High Caloric" Diet—Continued*

Vegetables—Continued	Amount	Grams Protein	Calories
Waxbeans	½ cup plus 1 teaspoonful butter	1	50
Beets	½ cup diced plus 1 teaspoonful butter	2	74
Carrots	½ cup plus 1 teaspoonful butter	1	70
Dandelion greens	½ cup plus 1 teaspoonful butter	1	71
Egg plant	½ cup plus 1 teaspoonful butter	1	60
Okra	½ cup plus 1 teaspoonful butter	1	63
Peas	½ cup plus ½ teaspoonful butter	4	112
Soufflé of peas	Average serving	9	177
Stuffed baker potato	1	5	150
Baked potato	1	3	124
Mashed potatoes	½ cup plus 1 teaspoonful butter	2	118
Squash	½ cup plus 1 teaspoonful butter	2	86
Spinach (puréed)	½ cup plus 1 teaspoonful butter	2	101
Spinach soufflé	Average serving	10	265
Swiss chard	½ cup plus 1 teaspoonful butter	2	55
Salads			
Apple	Average serving	1	534
Apple and orange	Average serving	2	578
Asparagus	Average serving	1	495
Egg	Average serving	7	164
Endive	Average serving		491
Fruit	Average serving	1	562
Jellied Waldorf	Average serving	2	508
Lettuce	Average serving	1	481
Orange	Average serving	1	553
Orange and almond	Average serving	3	559
Romaine	Average serving	1	491
Vegetable no. 2	Average serving	3	579
Waldorf (no nuts)	Average serving	1	502
Watercress	Average serving		499
Watercress and orange	Average serving	1	559
Salad Dressings			
French	4 tablespoonfuls		480
Mayonnaise	4 tablespoonfuls	1	472
Whipped cream dressing	6 tablespoonfuls	2	184
Meats and Fish			
Creamed chicken	Average serving	13	233
Boiled chicken	4 ounces	23	268
Roast chicken	4 ounces	23	268
Roast lamb	4 ounces	28	256
Broiled lamb chop	3 ounces	16	250
Roast beef	2 ounces	12	190
Broiled steak (tenderloin)	1 piece 3½ by 3 by ¾ inches	17	289
Crisp bacon	3 strips 5 inches long	5	113
Baked fish (average)	Average serving	12	138
Creamed fish	Average serving	19	183
Cheese			
Cottage cheese	2 tablespoonfuls	6	28
Cream cheese	½ cake	2	248
Jams and Jellies			
Apple jelly	1 tablespoonful		63
Currant jelly	1 tablespoonful		63
Mint jelly	1 tablespoonful		63
Cherry jam	1 tablespoonful		68
Raspberry jam	1 tablespoonful		66
Strawberry jam	1 tablespoonful		66

TABLE 2.—*Menus Employing the "High Caloric" Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Fresh peach	1	1	..	10	44
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Pettijohns	½ cup	2	..	20	88
cream	4 tablespoonfuls	1.6	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Soft cooked egg	1	6	6	..	78
butter	1 tablespoonful	..	13	..	117
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Midmorning					
*Chocolate egg and milk shake	6 ounces	11	12	13	216
Graham crackers	2	2	2	12	74
Lunch					
Split pea soup	Average serving	19	23	48	476
soda crackers	2	2	2	10	66
*Eggs à la goldenrod	Average serving	12	22	24	344
Ice cream	Average serving	3	19	17	246
Milk	6 ounces	6	7.5	9	128
Midafternoon					
*Loganberry ice	Average serving	..	..	39	156
Graham crackers	2	2	2	12	74
Dinner					
Roast chicken	2 ounces	12	10	..	134
Mashed potatoes	Average serving	2	4	18	118
butter	1 tablespoonful	..	13	..	117
Beets	½ cup	2	4	8	74
Puréed Swiss chard	½ cup	2	4	3	55
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Orange salad	Average serving	1	53	18	553
Applesnow and custard sauce	Average serving	8	8	31	221
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Evening					
Cream of spinach soup	6 ounces	8	14	10	203
Soda crackers	2	2	2	10	66
		112	274	382	4440

* The method of preparing the foods so designated in these tables is described elsewhere in this series of articles.

HOW TO PREPARE FOODS SUGGESTED FOR THE "HIGH CALORIC" DIET

Chocolate Egg and Milk Shake (*1 serving*)

Materials:

1 egg
1 teaspoonful sugar
1½ tablespoonfuls cocoa paste
½ cup milk
Few drops vanilla

Method:

1. Mix egg, sugar and cocoa paste
2. Add milk and vanilla and stir well
3. Strain into glass

Total recipe: protein, 11 Gm.; fat, 12 Gm.; carbohydrate, 13 Gm.; calories, 216.

Albuminized Orangeade

Materials:

2 egg whites
5 tablespoonfuls orange juice
1 tablespoonful sugar syrup
½ tablespoonful lemon juice
⅛ teaspoonful salt
2 tablespoonfuls crushed ice

Method:

1. Stir egg whites with fork until albumin cells are broken
2. Mix other ingredients, except ice
3. Pour liquid slowly over egg whites
4. Put crushed ice into glass
5. Strain egg white and orange syrup mixture over ice
6. Serve at once

Total recipe: protein, 6 Gm.; fat, —; carbohydrate, 13 Gm.; calories, 77.

Orange Juice

Materials:

¾ cup orange juice

Method:

Serve very cold but without ice or sugar

Total amount: protein, 1 Gm.; fat, —; carbohydrate, 16 Gm.; calories, 69.

Postum (Instant)

Materials:

1 teaspoonful instant postum
1 cup boiling water

Method:

1. Place postum in scalded pot
2. Pour boiling water on slowly, stirring constantly
3. Serve at once

Hot Chocolate (*4 servings*)

Materials:

1 square Baker's chocolate
4 tablespoonfuls sugar
3 cups milk

Method:

1. Put chocolate in top of double boiler and allow to melt
2. Add sugar and stir
3. Then mix in milk
4. Add a few grains of salt if liked
5. When entire mixture is very hot, beat with a Dover egg beater
6. Serve at once

Total recipe: protein, 28 Gm.; fat, 43 Gm.; carbohydrate, 105 Gm.; calories, 919.

One serving: protein, 7 Gm.; fat, 11 Gm.; carbohydrate, 26 Gm.; calories, 229.

TABLE 3.—*Menu Employing "High Caloric" Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Stewed prunes	6	2	..	34	140
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Rolled oats	½ cup	3	1	13	74
cream	4 tablespoonfuls	1.6	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Poached egg	1	6	6	..	78
butter	1 tablespoonful	..	13	..	117
toast	½ slice	1.5	..	8	38
Crisp bacon	3 strips 5 inches long	5	11	..	113
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Cocoa	6 ounces	6	7	19	160
Midmorning					
Buttermilk	6 ounces	5	0.7	9	62
Graham crackers	2	2	2	12	74
Butter	1 tablespoonful	..	13	..	117
Lunch					
Thick vegetable soup	Average serving	1	11	10	139
Soda crackers	2	2	2	10	66
Creamed chicken	Average serving	13	18	6	233
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Baked apple	1	..	1	27	117
cream	2 tablespoonfuls	8	6	1.2	62
Milk	6 ounces	6	7.5	9	129
Midafternoon					
S. M. A.	6 ounces	3	7	13.5	125
Dinner					
Broiled steak	3½ by 3 by ¾ inches	17	25	..	289
*Stuffed baked potato	Average serving	5	2	28	150
butter	1 tablespoonful	..	13	..	117
Carrots	½ cup	1	4	7	70
Asparagus	8 stalks	1	4	2	48
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
*Romaine salad	Average serving	1	52	5	491
Spanish cream	Average serving	9	8	14	160
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Evening					
Apple sauce	Average serving	..	1	25	107
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
		105	288	344	4307

TABLE 4.—*Menu Employing "High Caloric" Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Fresh pear	1	1	..	10	44
Ralstons	½ cup	3	..	14	74
cream	4 tablespoonfuls	1.6	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Omelet	1	6	6	..	78
butter	1 tablespoonful	..	13	..	117
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Midmorning					
Eggnog	6 ounces	10	11	11	183
Soda crackers	2	2	2	10	66
butter	1 tablespoonful	..	13	..	117
Lunch					
Cream of asparagus soup	Average serving	4	14	10	180
soda crackers	2	2	2	10	66
Hard cooked egg	1	6	6	..	78
Rye bread	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Apricot whip	Average serving	2	..	26	111
Milk	6 ounces	6	7.5	9	128
Midafternoon					
Ice cream	Average serving	3	19	17	246
Graham crackers	2	2	2	12	74
Dinner					
Roast beef	4 by 3 by ¼ inches	12	16	..	190
Mashed potato	½ cup	2	4	18	118
butter	1 tablespoonful	..	13	..	117
Peas	½ cup	4	7	10	112
Puréed swiss chard	½ cup	2	4	3	55
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
*Jellied Waldorf salad	Average serving	2	52	8	508
Ice cream	Average serving	3	19	17	246
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Evening					
Baked apple	1	..	1	27	117
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Milk	6 ounces	6	7.5	9	128
		92	292	312	4249

Lettuce Soup (*1 serving*)

Materials:

- 1 teaspoonful rice
- ¾ cup milk
- ⅓ cup lettuce (chopped)
- 1 stalk celery (chopped)
- 1 tablespoonful butter
- 1 egg yolk
- ¼ teaspoonful salt

Method:

1. Wash rice
2. Scald the milk in a double boiler

3. Add rice, chopped lettuce and celery
4. Cook thirty minutes over water
5. Add melted butter and beaten egg yolk
6. Add salt
7. Remove from fire and serve at once

Total recipe: protein, 10 Gm.; fat, 27 Gm.; carbohydrate, 14 Gm.; calories, 332.

Vegetable Soup (without meat) (*6 servings*)

Materials:

- ⅓ cup carrots
- ⅓ cup peas
- ½ cup celery
- 1½ cups potatoes
- 1 quart water
- 5 tablespoonfuls butter
- ½ tablespoonful chopped parsley
- Salt

Method:

1. Mix all vegetables except potatoes
2. Cook mixed vegetables ten minutes in 3 tablespoonfuls butter, stirring frequently
3. Add potatoes and cook five minutes longer
4. Add water
5. Cook one hour
6. Beat with fork to break up vegetables
7. Add remaining butter and parsley
8. Strain through a coarse sieve
9. Serve at once

Total recipe: protein, 8 Gm.; fat, 65 Gm.; carbohydrate, 54 Gm.; calories, 839.

One serving: protein, 1 Gm.; fat, 11 Gm.; carbohydrate, 9 Gm.; calories, 139.

Fish Chowder (*4 servings*)

Materials:

- 1 lb. codfish
- 1 cup potatoes cut in cubes
- 1 sliced onion
- 1 cube fat salt pork
- 1 tablespoonful butter
- 1 cup milk
- 1 teaspoonful salt
- ⅛ teaspoonful pepper

Method:

1. Cut fish into small pieces
2. Cover with cold water
3. Bring slowly to boil
4. Parboil potatoes in boiling water
5. Drain and add to fish
6. Cook onion with salt pork five minutes
7. Add to fish
8. When potatoes and fish are done, add butter, milk, salt and pepper
9. Reheat before serving

Total recipe: protein, 99 Gm.; fat, 42 Gm.; carbohydrate, 41 Gm.; calories, 1,018.

One serving: protein, 25 Gm.; fat, 11 Gm.; carbohydrate, 10 Gm.; calories, 254.

TABLE 5.—*Menu Employing "High Caloric" Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Stewed apricots	3 halves	1	..	11	50
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Cream of wheat	½ cup	2	..	14	64
cream	4 tablespoonfuls	1.6	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Soft cooked egg	1	6	6	..	78
butter	1 tablespoonful	..	13	..	117
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Midmorning					
Cocoa	6 ounces	6	7	19	160
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Lunch					
Cream of celery soup	Average serving	3	9	7	119
Soda crackers	2	2	2	10	66
Crisp bacon	3 strips 5 inches long	5	11	..	113
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Brown Betty	Average serving	2	11	51	313
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Milk	6 ounces	6	7.5	9	128
Midafternoon					
Malted milk	6 ounces	11	10	29	252
Dinner					
Roast lamb	2 ounces	14	8	..	128
Baked potato	1	3	..	28	124
butter	1 tablespoonful	..	13	..	117
Squash	½ cup	2	4	10	86
Stringbeans	½ cup	1	4	3	52
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Lettuce salad	Average serving	1	52	3	481
Loganberry ice	Average serving	..	..	39	156
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Evening					
Ice cream	Average serving	3	19	17	246
Sponge cake	Average serving	5	2	45	216
		88	264	401	4314

Malt Breakfast Food (*4 servings*)

Materials:

½ cup malt breakfast food
2 cups boiling water
Salt

Method:

1. Add malt breakfast food to boiling salted water and cook over flame five minutes, stirring constantly
2. Put over double boiler and cook two hours

Total recipe: protein, 11 Gm.; fat, 1 Gm.; carbohydrate, 58 Gm.; calories, 285.

One serving: protein, 3 Gm.; fat, —; carbohydrate, 15 Gm.; calories, 71.

TABLE 6.—*Menu Employing "High Caloric" Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Cantaloupe	½	1	..	14	60
Malt breakfast food	½ cup	3	..	15	71
cream	4 tablespoonfuls	1.6	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Crisp bacon	3 strips 5 inches long	5	11	..	113
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
*Chocolate	6 ounces	7	11	26	229
Midmorning					
Milk and cream	6 ounces	6	22	8	249
Graham crackers	2	2	2	12	74
Lunch					
Cream of pea soup	Average serving	6	10	9	155
Soda crackers	2	2	2	10	66
Rye bread	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Custard	Average serving	7	8	14	154
Milk	6 ounces	6	7.5	9	128
Midafternoon					
Custard	Average serving	7	8	14	154
Milk	6 ounces	6	7.5	9	128
Dinner					
Boiled chicken	4 ounces	23	19	..	268
Rice	½ cup	2	..	20	87
butter	1 tablespoonful	..	13	..	117
Asparagus	8 stalks	1	4	2	48
Carrots	½ cup	1	4	7	70
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Apple salad	Average serving	1	52	16	534
*Bread pudding	Average serving	7	13	23	243
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Evening					
Ice cream	Average serving	3	19	17	246
Hot chocolate	6 ounces	7	11	26	229
		114	286	326	4322

French Omelet (*1 serving*)

Materials:

1 egg
1 tablespoonful butter
Small amount parsley

Method:

1. Beat egg until smooth
2. Put butter in small frying pan
3. When butter is hot, pour in egg
4. When egg begins to set, lift on side and let uncooked part run under
5. When all is firm, start rolling at one side and roll to other
6. Remove to hot platter and garnish with parsley

Total recipe: protein, 6 Gm.; fat, 19 Gm.; carbohydrate, —; calories, 195.

Caramel Custard (*2 servings*)

Materials:

1 tablespoonful sugar
1 cup scalded milk
1 egg
½ teaspoonful vanilla
⅛ teaspoonful salt

Method:

1. Place sugar in a deep saucepan
2. Stir until melted and slightly brown
3. Pour melted sugar into hot milk
4. Beat egg slightly
5. Add vanilla and salt to egg
6. Pour hot milk over egg, stirring constantly
7. Strain into custard cups
8. Set cups in a pan of hot water, having the water come as high on the outside of the cups as the custard mixture does on the inside
9. Bake in a slow oven until firm

Total recipe: protein, 14 Gm.; fat, 16 Gm.; carbohydrate, 27 Gm.; calories, 308.

One serving: protein, 7 Gm.; fat, 8 Gm.; carbohydrate, 14 Gm.; calories, 154.

Hot Water Sponge Cake (*6 servings*)

Materials:

Yolks of 2 eggs
¾ cup sugar
⅜ cup hot water
¼ teaspoonful lemon extract
1 cup flour
1½ teaspoonfuls baking powder
¼ teaspoonful salt
Whites of two eggs

Method:

1. Beat egg yolks until thick and lemon colored
2. Add one half the amount of sugar gradually, and continue beating until well blended
3. Add hot water, remaining sugar, and lemon extract

4. Add flour sifted with baking powder and salt
5. Beat egg whites until stiff
6. Fold in egg whites
7. Pour in a shallow pan which has been greased and floured
8. Bake twenty-five minutes in a moderate oven

Total recipe: protein, 27 Gm.; fat, 13 Gm.; carbohydrate, 268 Gm.; calories, 1,297.

One serving: protein, 5 Gm.; fat, 2 Gm.; carbohydrate, 45 Gm.; calories, 216.

TABLE 7.—*Menu Employing "High Caloric" Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Red raspberries	½ cup	..	..	9	36
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Wheatena	½ cup	4	..	15	78
cream	4 tablespoonfuls	1.6	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Crisp bacon	3 strips 5 inches long	5	11	..	113
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Chocolate	6 ounces	7	11	26	229
Midmorning					
Eggnog	6 ounces	10	11	11	183
Graham crackers	2	2	2	12	74
Lunch					
Cream of mushroom soup	Average serving	7	16	7	205
soda crackers	2	2	2	10	66
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Applesauce	Average serving	..	1	25	107
Milk	6 ounces	6	7.5	9	128
Midafternoon					
Rice pudding	Average serving	8	7	33	221
Milk	6 ounces	6	7.5	9	128
Dinner					
Lamb chop	3 ounces	16	21	..	250
Mashed potato	Average serving	2	4	18	118
butter	1 tablespoonful	..	13	..	117
Lima beans	Average serving	8	5	30	192
Puréed spinach	½ cup	2	9	3	101
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Fruit salad no. 1	Average serving	2	15	16	200
Graham whip	Average serving	7	12	36	277
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Evening					
Ice cream	Average serving	3	19	17	246
		108	249	366	4033

Creamed Asparagus

Materials:

6 stalks of asparagus
1 slice of buttered toast
½ cup white sauce No. 2
½ teaspoonful salt

Method:

1. Cut off lower end of stalks
2. Wash
3. Cook in boiling salted water until tender
4. Drain
5. Place buttered toast on a small plate
6. Arrange on toast, the tips at one end
7. Pour white sauce over all
8. Serve very hot

Total recipe: protein, 9 Gm.; fat, 40 Gm.; carbohydrate, 41 Gm.; calories, 580.

Cornstarch Pudding (*2 servings*)

Materials:

2 tablespoonfuls cornstarch
3 tablespoonfuls sugar
Few grains of salt
2 tablespoonfuls cold milk
1 cup scalded milk
1 egg
½ teaspoonful vanilla

Method:

1. Combine cornstarch, sugar and salt
2. Mix to a smooth paste with cold milk
3. Add slowly to scalded milk, stirring constantly
4. Cook over water forty-five minutes, stirring constantly
5. Beat egg until smooth
6. Pour mixture slowly on egg
7. Add vanilla
8. Strain through coarse sieve into mold
9. Serve very cold

Total recipe: protein, 14 Gm.; fat, 16 Gm.; carbohydrate, 73 Gm.; calories, 497.

One serving: protein, 7 Gm.; fat, 8 Gm.; carbohydrate, 39 Gm.; calories, 248.

Dandelion Greens

Materials:

1 quart dandelion greens
1 tablespoonful butter
Salt to taste

Method:

1. Wash greens carefully
2. Put in a kettle
3. Cook in a covered pan over a slow fire until tender
4. When tender remove lid and allow greens to become almost dry
5. Add butter
6. Season

Average serving: protein, 1 Gm.; fat, 7 Gm.; carbohydrate, 2 Gm.; calories, 71.

Escalloped Rice and Apples (*2 servings*)

Materials:

1 apple (large)
1 tablespoonful butter
½ cup cooked rice
3 tablespoonfuls brown sugar
2 tablespoonfuls bread crumbs

Method:

1. Pare, core and slice apple
2. Melt butter, add one half to rice and mix well
3. Arrange apples, brown sugar and buttered rice in layers, on buttered baking dish
4. Melt remaining butter and add to bread crumbs
5. Place buttered bread crumbs over top of rice and apples
6. Bake in a moderate oven, until apples are tender

Total recipe: protein, 3 Gm.; fat, 13 Gm.; carbohydrate, 93 Gm.; calories, 501.

One serving: protein, 2 Gm.; fat, 6 Gm.; carbohydrate, 47 Gm.; calories, 250.

Jellied Apples (*6 servings*)

Materials:

1 tablespoonful gelatin
¼ cup cold water
3 apples
½ cup sugar
1 cup boiling water
½ teaspoonful vanilla

Method:

1. Soak gelatin in cold water
2. Peel and core apples
3. Place apples in a sauce pan with boiling water and sugar
4. Cover and cook until tender
5. Drain apples and arrange in a mold
6. Add enough water to the syrup in which apples were cooked to make 1½ cups, and heat to boiling point
7. Dissolve gelatin in the hot syrup
8. Add vanilla
9. When just beginning to set, beat well with egg beater and pour over apples
10. Allow to stand in cool place until firm

Total recipe: protein, 9 Gm.; fat, 3 Gm.; carbohydrate, 174 Gm.; calories, 747.

One serving: protein, 2 Gm.; fat, —; carbohydrate, 29 Gm.; calories, 124.

Eggs à la Goldenrod (*4 servings*)

Materials:

4 hard cooked eggs
1⅓ cups white sauce No. 2
4 slices toast
1⅓ tablespoonfuls butter
Small amount parsley

Method:

1. Separate egg yolk from white
2. Chop white finely and add to white sauce
3. Heat thoroughly

4. Butter toast
5. Pour white mixture on toast
6. Force yolk through strainer onto white mixture
7. Garnish with parsley

Total recipe: protein, 49 Gm.; fat, 89 Gm.; carbohydrate, 95 Gm.; calories, 1,377.

One serving: protein, 12 Gm.; fat, 22 Gm.; carbohydrate, 24 Gm.; calories, 344.

TABLE 8.—*Menu Employing "High Caloric" Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Baked apple	1	..	1	27	117
cream (coffee)	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Cornmeal	½ cup	1	..	16	70
cream (coffee)	4 tablespoonfuls	1.6	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Poached egg	1	6	6	..	78
butter	1 tablespoonful	..	13	..	117
toast	½ slice	2	..	8	38
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Cocoa	6 ounces	6	7	19	160
Midmorning					
Fruit gelatin	4 ounces	2	..	18	80
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Graham crackers	2	2	2	12	74
Lunch					
Cream of potato soup	Average serving	10	14	39	322
soda crackers	2	2	2	10	66
Crisp bacon	3 strips 5 inches long	5	11	..	113
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Fruit gelatin	4 ounces	2	..	18	80
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Milk	6 ounces	6	7.5	9	128
Midafternoon					
Eggnog	6 ounces	10	11	11	183
Soda crackers	2	2	2	10	66
butter	1 tablespoonful	..	13	..	117
Dinner					
Baked fish	Average serving	12	10	..	138
Stuffed baked potato	1	5	2	28	150
butter	1 tablespoonful	..	13	..	117
Stringbeans	½ cup	1	4	3	52
Celery	4 pieces 5 inches long	..	..	2	8
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Waldorf salad (no nuts)	Average serving	2	52	7	502
Ice cream	Average serving	3	19	17	246
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Evening					
Stewed apricots	3 halves	1	..	11	50
Crackers	2	2	2	10	66
butter	1 tablespoonful	..	13	..	117
		94	278	361	4306

Bread Pudding (*4 servings*)

Materials:

1 cup stale bread crumbs
2 cups scalded milk
1 egg
3 tablespoonfuls sugar
2 tablespoonfuls melted butter
¼ teaspoonful salt
¼ teaspoonful vanilla

Method:

1. Pour scalded milk on crumbs
2. Allow to cool
3. Beat egg slightly
4. Add sugar, salt and vanilla
5. Add to crumbs
6. Turn into buttered baking dish
7. Bake one hour in a slow oven

Total recipe: protein, 26 Gm.; fat, 52 Gm.; carbohydrate, 90 Gm.; calories, 972.

One serving: protein, 7 Gm.; fat, 13 Gm.; carbohydrate, 23 Gm.; calories, 243.

Asparagus Loaf (*3 servings*)

Materials:

1 tablespoonful butter
1 tablespoonful flour
½ cup scalded milk
⅛ teaspoonful salt
2 eggs
1 tablespoonful chopped chicken
½ cup puréed asparagus

Method:

1. Melt butter
2. Add flour and stir until creamy
3. Add milk gradually, stirring constantly
4. When mixture thickens, add salt, well beaten egg, chicken and asparagus
5. Pour into a buttered baking dish and bake in a moderate oven until firm

Total recipe: protein, 22 Gm.; fat, 33 Gm.; carbohydrate, 15 Gm.; calories, 445.

One serving: protein, 7 Gm.; fat, 11 Gm.; carbohydrate, 5 Gm.; calories, 148.

Buttered Asparagus

Materials:

8 stalks of asparagus
¼ teaspoonful salt
1 teaspoonful melted butter

Method:

1. Cut off lower end of stalk
2. Wash
3. Cook in boiling salted water until tender
4. Drain
5. Arrange in small vegetable dish, the tips all at one end
6. Pour melted butter over

7. Place vegetable dish on small plate
8. Serve very hot

Total recipe: protein, 1 Gm.; fat, 4 Gm.; carbohydrate, 2 Gm.; calories, 48.

Stuffed Baked Potatoes (*3 servings*)

Materials:

3 medium potatoes
1 egg
Salt and pepper

Method:

1. Select smooth medium sized potatoes
2. Scrub with brush
3. Place on rack in hot oven
4. Bake until soft
5. Remove from oven
6. Cut slice from side of potato
7. Scoop out inside
8. Wash and add egg, well beaten
9. Season with salt and pepper
10. Refill skins
11. Bake from five to eight minutes in a very hot oven

Total recipe: protein, 15 Gm.; fat, 6 Gm.; carbohydrate, 84 Gm.; calories, 450.

One serving: protein, 5 Gm.; fat, 2 Gm.; carbohydrate, 28 Gm.; calories, 150.

Whipped Cream Dressing

Materials:

1 egg yolk
½ teaspoonful mustard
½ teaspoonful salt
Paprika
1 tablespoonful melted butter
4 tablespoonfuls cream
1 tablespoonful vinegar
1 cup whipped cream

Method:

1. Beat egg yolk
2. Add mustard, salt and paprika
3. Add melted butter and cream
4. Cook in double boiler, stirring constantly
5. When mixture begins to thicken, add vinegar very slowly, continuing to stir until it has thickened
6. Cool
7. Fold in whipped cream

Total recipe: protein, 8 Gm.; fat, 76 Gm.; carbohydrate, 6 Gm.; calories, 728.

Three tablespoonfuls: protein, 1 Gm.; fat, 10 Gm.; carbohydrate, 1 Gm.; calories, 92.

Buttered Peas (*2 servings*)

Materials:

1 cup shelled peas
1 tablespoonful butter
¼ teaspoonful salt
1 cup boiling water

Method:

1. Cover peas with cold water
2. Skim off undeveloped peas which rise to top
3. Drain remaining peas
4. Cook until tender in boiling salted water
5. Drain
6. Add butter
7. Serve very hot in vegetable dish

Total recipe: protein, 7 Gm.; fat, 13 Gm.; carbohydrate, 20 Gm.; calories, 224.

One serving: protein, 4 Gm.; fat, 7 Gm.; carbohydrate, 10 Gm., calories, 112.

Lettuce Salad (*2 servings*)

Materials:

1 small head lettuce
½ cup mayonnaise dressing

Method:

1. Clean lettuce by removing outside leaves
2. Cut in quarters
3. Allow two quarters for one serving
4. Arrange on salad plates
5. Pour dressing over lettuce

Total recipe: protein, 2 Gm.; fat, 104 Gm.; carbohydrate, 5 Gm.; calories, 963.

One serving: protein, 1 Gm.; fat, 52 Gm.; carbohydrate, 3 Gm.; calories, 481.

PRACTICAL APPLICATIONS OF HIGH CALORIC DIET

Mr. and Mrs. Ricardo came to this country about four years ago; they went to ————, where they had friends, and remained there for some time. Mr. Ricardo became ill with diabetes and was unable to work. For a time Mrs. Ricardo was not able to work away from home. They had heard that there was plenty of work for women in Cleveland, so they came with their two small children, leaving a baby 3 weeks of age behind with their friends. Before long, Mr. Ricardo went to a physician, who referred him to the dispensary, where he was entered in the diabetic clinic. He came regularly and was taught to plan his diet so as to keep sugar free and to combat the ill effects of early faulty food habits. He still was too weak to work but he stayed at home and looked after the two children. The parents hoped to be able to send for the baby whom they had left behind. Mrs. Ricardo went out cleaning every day and by dint of careful use of money and with the

help of the dietitian, who suggested wise purchases of food, they steadily saved "to bring the baby home."

But Mrs. Ricardo still did not understand all she should about the need for proper food and like many other ill advised persons she dashed off to work with only bread and coffee for breakfast. Her dinner was whatever she was given where she worked and her suppers were really the only regular meal she had. Very soon, she too was too ill to go to work and she went to a physician, who referred her to the gastric clinic. Care and supervision of her diet brought her back to the point where she could again work. She has been back at work several months. Mr. Ricardo is well enough to take care of the children and do the home making. They have saved money and the week before Christmas they sent for the "baby," now 2 years old.

Mrs. Radowski had never cooked in her life. As a girl on her father's estate in north Poland there had been no need to acquire this knowledge, for there had always been plenty of servants. She had learned to sew in the school which she had attended, but to cook, never. When she had gone as a bride to Warsaw, still there was no need. Then the war came, bringing great nervous strain and privation followed by the postwar period of unrest and change. Mr. and Mrs. Radowski turned their faces to the new world, and it was a new world to them. Mrs. Radowski had no conception of the value of money, and it is difficult for those most trained in economy to stretch $35 a week (her husband's salary as a bookkeeper) to cover the needs of two people. She could speak German, French, English and her native Polish, but it never occurred to her to try to read a cook book. She made no efforts to prepare foods, and she and her husband ate at restaurants. She supplemented her husband's salary by dressmaking for a few people who would come to the poor district where she lived.

One day she came to the dispensary complaining of "stomach trouble." The physician prescribed a smooth, bland diet, chiefly cream soups, cereals, eggs and custards. When the dietitian asked Mrs. Radowski if she could make cream soup she laughed and said, "Never, never in my life have I cooked, but I try, I try hard.

Madam, is it permitted that I have strawberries?" The dietitian suggested baked apples as her fruit and demonstrated toast and cream soup to her and the next morning went out to call on her. Mrs. Radowski greeted her enthusiastically, "Oh Madam, I sleep last night. The medicine the good Herr Doktor gave me makes me feel better and last night I make cream soup and toast—toast bread this morning. I drink milk and ate more toast bread and now I just bake an apple! See, Madam," and she led the way to the immaculate kitchen and to the apple. Core, seeds and stem had been left in, a little sugar had been sprinkled over the top and the sugar with the juice, in the absence of water, had charred black. It did not look very appetizing but Mrs. Radowski was proud of it. The dietitian smiled and told her it was just right for applesnow and Mrs. Radowski learned how to make applesnow and custard sauce.

Mrs. Wagner, another patient, came in feeling very bad. She weighed 98 pounds (44.5 Kg.). She was sure that she had tuberculosis, the one disease laymen dread above all others. She had a marked ptosis and so was placed on a high caloric, anticonstipating, gastroptosis diet. The physician was very anxious to have her get 4,000 calories a day. She took cream and S. M. A., but for the first few weeks she could not take more than 1,200 calories a day. She kept a record of the foods and amounts eaten each day. With constant encouraging, suggesting and cajoling, her caloric intake gradually increased. At the end of five months she had gained 20 pounds (9 Kg.). At the end of a year she weighed 30 pounds (13.6 Kg.) more than when she came in. She is now able to work again, so she and her husband will presently have saved enough money to bring the children from Europe. She can hardly believe that only one year ago she wanted to go back to Austria to die.

Another patient referred for dietetic instruction was a boy, aged 18, who was suffering from a gastroptosis. He stated that he had been on a restricted diet before, with poor results, and that his mother was too busy to bother with special foods for him. The following day the dietitian visited Charles in his home and found

that the mother was sick in bed, leaving Charles temporary cook for the family. At his request, the dietitian accompanied him to the neighboring market and offered a few suggestions as to his purchases. At this time he described the usual family dietary at home, and told how his youngest sister breakfasted on coffee and cake before running off to school. Incidentally, she was 15 pounds (6.8 Kg.) underweight. Many visits were made to this home, during which time Charles not only became interested in his own diet but an enthusiastic worker for the cause of his sister. At the end of the two months, Charles proudly announced that she had gained 10 pounds (4.5 Kg.). Concerning his own diet, he said "I used to think it was awful hard to be on a diet, but when you have somebody to explain everything and help you with it, it's nothing at all."

CHAPTER V

THE LOW PROTEIN DIET

The method used in making up suggested menus for "reducing" diets and for "high caloric" diets might also be used for the low protein diet.

GENERAL SUGGESTIONS FOR A LOW PROTEIN DIET

1. The exact formula for this corrective diet should be prescribed for each individual by the physician. He will make all necessary modifications relative to salt content of diet, allowance of purin bodies, total fluid intake, and use of stimulating beverages.
2. The specific number of grams of protein will be noted for each person, but, generally speaking, the daily range will be from 35 to 45.
3. Highly seasoned foods and food condiments should not be taken.
4. It should be remembered that calories are not the only measuring stick for our food.
5. Unless definitely ordered otherwise, a pint of milk should be taken daily.
6. Vitamins should be included: (*a*) from whole milk, cream, butter or eggs; (*b* and *c*) from fruits and vegetables.
7. There should be sufficient bulk to induce a normal bowel action each day.
8. Bread, potatoes and other starchy foods should be kept at a minimum.

In the accompanying tabulations the foods suggested for the low protein diet are listed, together with suitable daily menus and directions for their preparation.

HOW TO PREPARE FOODS SUGGESTED FOR THE LOW PROTEIN DIET

Grape Juice (*1 serving*)

Materials:

½ cup grape juice
4 tablespoonfuls chipped ice
1 sliced lemon

Method:

1. Place chipped ice in glass and strain grapejuice over it
2. Garnish with slice of lemon

Total recipe: protein, —; fat, —; carbohydrate, 32 Gm.; calories, 126.

TABLE 1.—*Suggested Foods for the Low Protein Diet*

	Amount	Grams Protein	Calories
Beverages			
Buttermilk	6 ounces	5	62
Kaffee Hag			
Lemonade	Average serving		124
Milk (not over 1 pint daily)	6 ounces	6	128
Postum	6 ounces		8
Soups			
Cream of asparagus soup	Average serving	4	180
Cream of celery soup	Average serving	3	119
Cream of corn soup	Average serving	5	178
Cream of mushroom soup	Average serving	7	205
Cream of potato soup	Average serving	10	322
Cream of spinach soup	Average serving	8	203
Cream of tomato soup	Average serving	6	248
Thin tomato soup	Average serving	4	37
Vegetable soup	Average serving	1	139
Breads and Crackers			
Bran rolls (commercial average)	1 roll	5	88
Entire wheat bread	1 slice 4½ by 3½ by ½ inches	2	64
Linn's vitamin whole wheat bread	1 slice ⅜ inch thick	3	77
Rye bread	1 slice 4½ by 3¼ by ½ inches	3	76
White bread	1 slice 4½ by 4¼ by ⅓ inches	3	76
Graham crackers	1 cracker	1	37
Soda crackers	1 cracker	1	33
Eggs			
Creamed eggs	Average serving	9	192
Eggs à la goldenrod	Average serving	12	344
Hard cooked eggs	1 egg	6	78
Omelet	1 egg plus 1 tablespoonful butter	6	195
Poached egg	1 egg plus 1 teaspoonful butter	6	114
Soft cooked egg	1 egg plus 1 teaspoonful butter	6	114
Fats			
Bacon fat	1 tablespoonful		135
Butter	1 tablespoonful		117
Cream, coffee	2 tablespoonfuls	1	62
Cream, heavy	2 tablespoonfuls	0.5	107
Salad oil	2 tablespoonfuls		270
Cereals			
Bran flakes	½ cup	4	108
Corn flakes	½ cup	1	44
Cornmeal	½ cup	1	70
Cream of wheat	½ cup	2	66
Grapenuts	¼ cup	4	105
Malt breakfast food	½ cup	3	71
Pettijohns	½ cup	2	89
Puffed rice	½ cup	0.5	26
Puffed wheat	½ cup	1	24
Ralston	½ cup	2	71
Rice	½ cup	2	87
Rolled oats	½ cup	3	72
Shredded wheat biscuit	1	3	100
Wheatena	½ cup	4	78
Triscuit	1	1	29
Desserts			
Apple snow	Average serving	2	73
Bavarian cream (average)	Average serving	8	147
Bread pudding	Average serving	7	243
Brown Betty	Average serving	2	313
Caramel pudding	Average serving	3	249
Cornstarch pudding	Average serving	7	246
Fruit gelatin	Average serving	4	159
Ice cream	Average serving	3	247
Loganberry ice	Average serving		152
Mint ice	Average serving		241
Orange ice	Average serving		263
Lemon ice	Average serving		244
Rice pudding no. 2	Average serving	6	222
Spanish cream	Average serving	9	160

TABLE 1.—*Suggested Foods for the Low Protein Diet—Continued*

	Amount	Grams Protein	Calories
Apple tapioca	Average serving		139
Tapioca cream	Average serving	4	172
Fruits			
Baked apples	1		117
Jellied apples	Average serving	2	124
Apple sauce	Average serving		107
Apricots (canned)	2 halves plus 3 tablespoonfuls juice	1	91
Apricots (fresh)	3	1	56
Apricots (dried and stewed)	3 halves	1	50
Avocado pears	½ pear	2	136
Bananas	1 medium		108
Cantaloupe	½ small	1	60
Cherries, red (fresh)	12 small	0.5	41
Cherries, red (canned)	.....	No figures available	
Cherries, white (canned)	8 cherries and 3 tablespoonfuls juice	1	90
Figs, canned	.....	No figures available	
Figs (fresh)	2 figs (medium)	2	81
Figs (dried and stewed)	2	2	128
Gooseberries (fresh)	½ cup		37
Loganberries (canned)	.....	No figures available	
Peaches (canned)	½ plus 1½ tablespoonfuls juice	1	35
Peaches (fresh)	1	1	44
Pears (canned)	½ plus 3 tablespoonfuls juice		87
Pears (fresh)	1	1	44
Prunes (dried and stewed)	6 prunes	1	140
Red raspberries (canned)	.....	No figures available	
Red raspberries (fresh)	½ cup		36
Strawberries (canned)	½ cup	1	99
Strawberries (fresh)	½ cup	1	33
Grapefruit	½ medium	1	30
Oranges, large	1	1	60
Oranges, medium	1	1	40
Pineapple (canned)	1 slice		154
Pineapple (fresh)	1 slice ⅝ inch thick		40
Dates (dried)	5 dates	1	121
Grapes	1 small bunch	1	80
Huckleberries (fresh)	½ cup	1	60
Watermelon	½ slice 1 inch thick		40
Fruit Juices			
Cherry juice (canned)	6 ounce	No figures available	
Grape juice	6 ounces		120
Grapefruit juice	6 ounces	1	54
Lemon juice	1 tablespoonful		1
Loganberry juice (not diluted)	2 ounces		75
Orange juice	6 ounces	1	69
Pineapple juice (canned)	6 ounces	1	277
Strawberry juice (canned)	6 ounces	1	177
Vegetables			
Asparagus	8 stalks plus 1 teaspoonful butter	1	43
Celery	4 pieces 5 inches long		8
Stringbeans	½ cup plus 1 teaspoonful butter	1	52
Waxbeans	½ cup plus 1 teaspoonful butter	1	50
Beets	½ cup plus 1 teaspoonful butter	2	74
Brussels sprouts	6 plus 1 teaspoonful butter	1	52
Cabbage	½ cup plus 1 teaspoonful butter	1	54
Carrots	½ cup plus 1 teaspoonful butter	1	70

TABLE 1.—*Suggested Foods for the Low Protein Diet—Continued*

	Amount	Grams Protein	Calories
Cauliflower	1 cup plus 1 teaspoonful butter	3	85
Corn (canned)	½ cup	4	122
Dandelion greens	½ cup plus 1 teaspoonful butter	1	71
Egg plant	½ cup plus 1 teaspoonful butter	1	60
Mushrooms	1 cup plus 1 teaspoonful butter	5	105
Okra	½ cup plus 1 teaspoonful butter	1	63
Stuffed baked potato	1	5	150
Baked potato	1	3	124
Mashed potatoes	½ cup plus 1 teaspoonful butter	2	118
Sweet potato	1	3	184
Spinach	½ cup plus 1 teaspoonful butter	2	90
Squash	½ cup plus 1 teaspoonful butter	2	86
Swiss chard	½ cup plus 1 teaspoonful butter	2	55
Tomatoes (cooked)	½ cup plus 1 teaspoonful butter	2	62
Tomatoes (raw)	1 medium	1	24
Turnips	½ cup plus 1 teaspoonful butter	0.5	62
Salads			
Apple no. 1	Average serving		298
Apple and orange	Average serving	2	342
Asparagus	Average serving	1	255
Avocado pear	Average serving	2	508
Cabbage no. 1	Average serving	2	262
Celery and cabbage	Average serving	3	106
Egg	Average serving	7	164
Endive	Average serving		253
Fruit no. 1	Average serving	1	200
Grapefruit	Average serving	1	264
Jellied Waldorf	Average serving	2	154
Lettuce no. 1	Average serving		245
Orange	Average serving	1	319
Orange and almond	Average serving	3	333
Potato salad	Average serving	7	193
Romaine no. 1	Average serving		275
Cole-slaw no. 2	Average serving	1	42
Tomato salad	Average serving	1	140
Vegetable no. 2	Average serving	3	579
Waldorf	Average serving	3	221
Watercress	Average serving		499
Watercress and orange	Average serving	1	319
Salad Dressings			
Cooked	1 tablespoonful	1	42
French	2 tablespoonfuls		240
Mayonnaise	2 tablespoonfuls		236
Whipped cream	3 tablespoonfuls	1	92
Sauces			
White sauce no. 1	¼ cup	2	78
Pastes			
Macaroni with tomatoes	Average serving	5	176
Jams and Jellies			
Apple jelly	1 tablespoonful		63
Currant jelly	1 tablespoonful		63
Mint jelly	1 tablespoonful		63
Cherry jam	1 tablespoonful		68
Raspberry jam	1 tablespoonful		66
Strawberry jam	1 tablespoonful		66
Honey and Marmalade			
Strained honey	1 tablespoonful		81
Grapefruit marmalade	1 tablespoonful		85
Orange marmalade	1 tablespoonful		85

Lemonade

Materials:

- 3 tablespoonfuls lemon juice
- 7 tablespoonfuls cold water
- 2 tablespoonfuls sugar syrup
- 2 tablespoonfuls crushed ice

Method:

1. Mix lemon juice, cold water and sugar syrup
2. Put ice in glass
3. Pour lemonade over ice
4. Serve at once

Total recipe: protein, —; fat, —; carbohydrate, 37 Gm.; calories, 146.

Cream of Celery Soup No. 2 (*4 servings*)

Materials:

- 1 cup celery cut in small pieces
- 1 cup hot white sauce No. 2
- ⅛ teaspoonful pepper
- ⅛ teaspoonful salt
- 1 cup boiling water
- 1 slice onion

Method:

1. Cook celery in boiling water until tender
2. Rub through sieve into water in which it was cooked
3. Heat white sauce with onion
4. Add celery to white sauce
5. Add salt and pepper
6. Strain into hot soup dish
7. Serve very hot

Total recipe: protein, 11 Gm.; fat, 36 Gm.; carbohydrate, 29 Gm.; calories, 485.

One serving: protein, 3 Gm.; fat, 9 Gm.; carbohydrate, 7 Gm.; calories, 121.

Loganberry Juice

Materials:

- ¼ cup loganberry juice
- ¼ cup cold water
- 4 tablespoonfuls crushed ice

Method:

1. Mix loganberry juice and cold water
2. Put ice in glass
3. Pour juice over ice
4. Serve at once

Total recipe: protein, —; fat, —; carbohydrate, 19 Gm.; calories, 75.

Wheatena (*4 servings*)

Materials:

- ½ cup dry wheatena
- 2 cups boiling water
- ½ teaspoonful salt

Method:

1. Add wheatena to boiling, salted water and cook over flame five minutes, stirring constantly
2. Cook in top part of double boiler two hours, stirring occasionally

Total recipe: protein, 14 Gm.; fat, 2 Gm.; carbohydrate, 60 Gm.; calories, 312.

One serving: protein, 4 Gm.; fat, 0.5 Gm.; carbohydrate, 15 Gm.; calories, 78.

TABLE 2.—*Daily Menu for Low Protein Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Stewed apricots	3 halves	1	..	11	50
cream	2 tablespoonfuls	1	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Cream of wheat	½ cup	2	..	14	64
cream	4 tablespoonfuls	1.8	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Entire wheat bread (toasted)	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Postum	.....	..	..	2	8
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Lunch					
Cream of celery soup	Average serving	3	9	7	119
Apple salad	Average serving	..	26	17	298
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Fresh raspberries	½ cup	..	..	9	36
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Milk	6 ounces	6	7.5	9	128
Dinner					
Omelet	1 egg	6	6	..	78
butter	1 tablespoonful	..	13	..	117
Baked potato	1	3	..	28	124
butter	1 tablespoonful	..	13	..	117
Squash	½ cup	2	4	10	86
Stringbeans	½ cup	1	4	3	52
Lettuce salad no. 1	Average serving	..	26	5	245
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
*Orange ice	Average serving	..	..	66	263
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
		35	181	269	2828

* Directions for the preparation of the items so designated in these suggested menus are given elsewhere in this series of articles.

Caramel Pudding (*3 servings*)

Materials:

½ cup sugar
1 cup scalded milk
3 tablespoonfuls cornstarch
2 tablespoonfuls of cold water

Method:

1. Place sugar in a pan and heat until it is all melted
2. Add melted sugar slowly to milk, stirring constantly
3. Mix cornstarch with water to form a smooth paste
4. Add milk and sugar
5. Cook over water until it thickens, stirring constantly
6. Continue cooking thirty minutes, stirring occasionally
7. Pour into molds
8. When cold remove from mold and serve

Total recipe: protein, 8 Gm.; fat, 10 Gm.; carbohydrate, 156 Gm.; calories, 746.

One serving: protein, 3 Gm.; fat, 3 Gm.; carbohydrate, 52 Gm.; calories, 249.

TABLE 3.—*Menu Based on Low Protein Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Red raspberries	½ cup	..	..	9	36
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Wheatena	½ cup	4	..	15	78
cream	4 tablespoonfuls	1.8	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Crisp bacon	3 slices 5 inches long	5	11	..	113
Entire wheat bread (toasted)	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Postum	.....	..	..	2	8
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Lunch					
Cream of spinach soup	Average serving	8	14	10	203
Cabbage salad no. 1	Average serving	2	27	5	262
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Grapefruit	½	1	..	7	30
Milk	6 ounces	6	7.5	9	128
Dinner					
Mashed potatoes	½ cup	2	4	18	118
butter	1 tablespoonful	..	13	..	117
Brussels sprouts	6	1	4	3	52
Fruit salad no. 1	Average serving	2	15	16	200
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
*Caramel pudding	Average serving	3	3	52	249
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
		45	171	234	2637

Cream of Tomato Soup No. 2 (*2 servings*)

Materials:

¾ cup strained tomatoes
1 tablespoonful chopped parsley

1 cup hot white sauce No. 2
⅛ teaspoonful soda
Few grains pepper
⅛ teaspoonful salt

Method:

1. Heat tomatoes
2. Remove from fire
3. Add soda
4. Pour hot tomatoes into hot white sauce
5. Blend
6. Add salt and pepper
7. Strain into a hot soup dish
8. Sprinkle with parsley
9. Serve at once

Total recipe: protein, 12 Gm.; fat, 36 Gm.; carbohydrate, 30 Gm.; calories, 495.

One serving: protein, 6 Gm.; fat, 18 Gm.; carbohydrate, 15 Gm.; calories, 248.

Whole Apple Sauce (*2 servings*)

Materials:

2 tart apples
¼ cup of sugar
½ cup water
1 slice of lemon

Method:

1. Make syrup of sugar, water and lemon
2. Wipe, pare and core apples
3. Quarter apple
4. Remove lemon from syrup
5. Add apples to cover bottom of sauce pan
6. Cook very slowly until apples are soft
7. Remove apples to serving dish and strain syrup over them

Total recipe: protein, 2 Gm.; fat, 2 Gm.; carbohydrate, 106 Gm.; calories, 450.

One serving: protein, 1 Gm.; fat, 1 Gm.; carbohydrate, 53 Gm.; calories, 225.

Brussels Sprouts

Materials:

6 brussels sprouts
1 teaspoonful butter
Salt and pepper

Method:

1. Pick over sprouts, removing wilted leaves
2. Soak in cold water fifteen minutes
3. Cook in boiling salted water fifteen minutes
4. Drain
5. Add butter, salt and pepper

Total recipe: protein, 1 Gm.; fat, 4 Gm.; carbohydrate, 3 Gm.; calories, 52.

TABLE 4.—*Daily Menu for Low Protein Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Stewed prunes	6	1	..	34	140
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Cornmeal	½ cup	1	..	16	70
cream	4 tablespoonfuls	1.8	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Toast	1 slice	3	..	16	76
butter	1 tablespoonful	..	13	..	117
Postum	.....	..	..	2	8
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Lunch					
Thick vegetable soup	Average serving	1	11	10	139
Egg salad	Average serving	7	15	2	164
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Milk	6 ounces	6	7.5	9	128
Canned pears	½ plus 3 tablespoonsfuls juice	..	..	21	87
Dinner					
Baked potato	1	3	..	28	124
butter	1 tablespoonful	..	13	..	117
Carrots	½ cup	1	4	7	70
Asparagus	8 stalks	1	4	2	48
*Romaine salad	Average serving	1	26	6	275
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Brown Betty	Average serving	2	11	51	313
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	10
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
		36	164	278	2728

Buttered Beets

Materials:

1 medium sized beet
1 pint of boiling water
1 teaspoonful butter
½ teaspoonful salt

Method:

1. Wash beets carefully, being sure not to bruise
2. Cook in boiling water until tender
3. Drain
4. Remove skin
5. Cut in slices
6. Add salt and butter
7. Serve very hot in a vegetable dish

Total recipe: protein, 2 Gm.; fat, 4 Gm.; carbohydrate, 8 Gm.; calories, 74.

Escalloped Tomatoes (*4 servings*)

Materials:

1 cup bread crumbs
2 cups canned tomato
1 small onion
Salt and pepper
1 tablespoonful butter

Method:

1. Add one half of the bread crumbs to tomato
2. Add onion cut in small pieces
3. Season with salt and pepper
4. Melt butter
5. Add remaining crumbs
6. Place on top of tomato
7. Bake in moderate oven until crumbs are brown

Total recipe: protein, 10 Gm.; fat, 13 Gm.; carbohydrate, 43 Gm.; calories, 329.

One serving: protein, 3 Gm.; fat, 3 Gm.; carbohydrate, 11 Gm.; calories, 82.

TABLE 5.—*Menu Based on Low Protein Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Fresh peach	1	1	..	10	44
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	1 teaspoonful	..	..	5	20
Pettijohns	½ cup	2	..	20	88
cream	4 tablespoonfuls	1.6	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Entire wheat bread (toasted)	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Postum	.....	..	..	2	8
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Lunch					
Cream of corn soup	Average serving	5	9	18	178
Vegetable salad no. 1 with cream dressing	Average serving	3	57	10	560
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Applesauce	Average serving	..	1	25	107
Milk	6 ounces	6	7.5	9	128
Dinner					
Baked potato	1	3	..	28	124
butter	1 tablespoonful	..	13	..	117
Mushrooms	1 cup	5	5	10	105
Swiss chard	½ cup	2	4	3	55
*Orange salad	Average serving	1	27	18	319
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Ice cream	Average serving	3	19	16	247
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
		41	209	251	3041

Fruit Salad No. 1 (*2 servings*)

Materials:

- 1 orange
- 1 grapefruit
- 2 tablespoonfuls fruit salad dressing
- 2 tablespoonfuls French dressing
- 4 small leaves of lettuce

Method:

1. Peel orange and grapefruit, removing all the white skin
2. Take out pulp in section
3. Arrange on lettuce leaves on salad plate
4. Pour over French dressing
5. Pour over fruit salad dressing
6. Serve very cold

Total recipe: protein, 3 Gm.; fat, 30 Gm.; carbohydrate, 32 Gm.; calories, 400.

One serving: protein, 2 Gm.; fat, 15 Gm.; carbohydrate, 16 Gm.; calories, 200.

TABLE 6.—*Daily Menu for Low Protein Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Baked apple	1	..	1	27	117
Cornmeal	½ cup	1	..	16	70
cream	4 tablespoonfuls	1.8	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Poached egg	1	6	6	..	78
toast	½ slice	2	..	8	38
butter	1 tablespoonful	..	13	..	117
Postum	.....	..	..	2	8
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Lunch					
Cream of tomato soup	Average serving	6	18	15	248
Crisp bacon	3 strips 5 inches long	5	11	..	113
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Milk	6 ounces	6	7.5	9	128
Canned apricots	2 halves plus 3 tablespoonfuls juice	1	..	22	91
Dinner					
Baked potato	1	3	..	28	124
butter	1 tablespoonful	..	13	..	117
Stringbeans	½ cup	1	4	3	52
Celery	4 pieces 5 inches long	..	..	2	8
Waldorf salad	Average serving	3	20	8	221
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Ice cream	Average serving	3	19	16	247
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
		44	160	218	2475

Baked Macaroni with Tomato (*3 servings*)

Materials:

- ½ cup macaroni
- 1 quart water
- 2 teaspoonfuls salt
- 1 cup strained tomato
- 1 tablespoonful butter
- ¼ cup bread crumbs

Method:

1. Cook macaroni in boiling, salted water twenty minutes
2. Drain
3. Pour cold water over macaroni
4. Drain
5. Put macaroni in buttered baking dish
6. Add strained tomato
7. Melt butter
8. Add bread crumbs
9. Put over top of macaroni
10. Bake until crumbs are browned

Total recipe: protein, 16 Gm.; fat, 14 Gm.; carbohydrate, 84 Gm.; calories, 527.

One serving: protein, 5 Gm.; fat, 5 Gm.; carbohydrate, 28 Gm.; calories, 176.

Waldorf Salad (*1 serving*)

Materials:

- ⅕ large apple
- ½ cup celery chopped fine
- 1 tablespoonful chopped walnuts
- 1 tablespoonful mayonnaise
- Salt
- Lettuce leaf

Method:

1. Cut apple into dice without removing skin
2. Mix apple, celery, walnuts and mayonnaise together in bowl
3. Season to taste with salt
4. Serve on lettuce leaf

Total recipe: protein, 3 Gm.; fat, 20 Gm.; carbohydrate, 8 Gm.; calories, 221.

Celery and Cabbage Salad (*2 servings*)

Materials:

- ½ cup chopped celery
- ½ cup chopped cabbage
- 2 large leaves of lettuce
- ½ cup cream dressing

Method:

1. Place cabbage and celery in very cold water
2. Allow to remain one hour
3. Drain
4. Dry in a soft cloth
5. Mix with salad dressing
6. Arrange lettuce on a salad plate
7. Pile lightly on lettuce leaves
8. Serve very cold

Total recipe: protein, 6 Gm.; fat, 16 Gm.; carbohydrate, 17 Gm.; calories, 213.

One serving: protein, 3 Gm.; fat, 8 Gm.; carbohydrate, 9 Gm.; calories, 106.

Cooked Salad Dressing

Materials:

1 egg
½ teaspoonful salt
½ teaspoonful mustard
Paprika
1 tablespoonful melted butter
6 tablespoonfuls cream
1 tablespoonful vinegar

Method:

1. Beat egg
2. Add salt, mustard and paprika
3. Add melted butter
4. Add cream
5. Cook in a double boiler until the mixture thickens, beating constantly
6. Add vinegar gradually and beat well

Total recipe: protein, 9 Gm.; fat, 37 Gm.; carbohydrate, 3 Gm.; calories, 381.

One serving: protein, 1 Gm.; fat, 4 Gm.; carbohydrate, —; calories, 42.

TABLE 7.—*Menu Based on Low Protein Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Cantaloupe	½	1	..	14	60
Malt breakfast food	½ cup	3	..	14	71
cream	4 tablespoonfuls	1.6	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Entire wheat bread (toasted)	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Postum	.....	..	..	2	8
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Lunch					
*Thin tomato soup	Average serving	4	..	5	37
Omelet	1 egg	6	6	..	78
butter	1 tablespoonful	..	13	..	117
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Canned pineapple	Average serving	..	1	36	154
Milk	6 ounces	6	7.5	9	128
Dinner					
Rice	½ cup	3	..	20	87
butter	1 tablespoonful	..	13	..	117
Asparagus	8 stalks	1	4	2	48
Carrots	½ cup	1	4	7	70
*Tomato salad	Average serving	1	13	5	140
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Applesnow	Average serving	2	..	17	73
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
		37	122	207	2067

PRACTICAL APPLICATIONS OF DIET

When a fact becomes familiar to us and to our colleagues, by reason of incessant usage, we cease to think consciously of it. We merely take it for granted. Every now and then we realize with something of a shock that the things which are so familiar to us are entirely unknown to others. Take the case of Paul, who was

TABLE 8.—*Daily Menu for Low Protein Diet*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Fresh pear	1	1	..	10	44
Ralston	½ cup	3	..	14	74
cream	4 tablespoonfuls	1.6	12	2.5	124
sugar	2 teaspoonfuls	..	..	10	40
Entire wheat bread (toasted)	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Postum	.....	..	..	2	8
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
Lunch					
Cream of asparagus soup	Average serving	4	14	10	180
Hard cooked egg	1	6	6	..	78
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
Canned apricots	½ cup	1	..	22	91
Milk	6 ounces	6	7.5	9	128
Dinner					
Mashed potatoes	½ cup	2	4	18	118
butter	1 tablespoonful	..	13	..	117
Beets	½ cup	2	4	8	74
Cauliflower	1 cup	3	5	6	85
Entire wheat bread	1 slice	2	..	14	64
butter	1 tablespoonful	..	13	..	117
*Orange and almond salad	Average serving	3	29	14	333
Apple tapioca	Average serving	..	..	34	138
cream	2 tablespoonfuls	0.8	6	1.2	62
sugar	2 teaspoonfuls	..	..	10	40
Kaffee Hag					
cream	1½ tablespoonfuls	0.7	4.5	0.7	46
sugar	2 teaspoonfuls	..	..	10	40
		38	149	234	2449

instructed what to eat. Among other things, toast was suggested. Although he was Italian, he appeared to understand everything which was mentioned. The next day the dietitian made a visit to his home to give further instruction. Paul brought out a package of cornflakes and pointing to the word "toasted" said "Is this the kind of toast you meant?"

And again—Tillie, aged 14, had been a hospital patient. A restricted diet was necessary, and the dietitian was working on this adjustment. When she perceived the

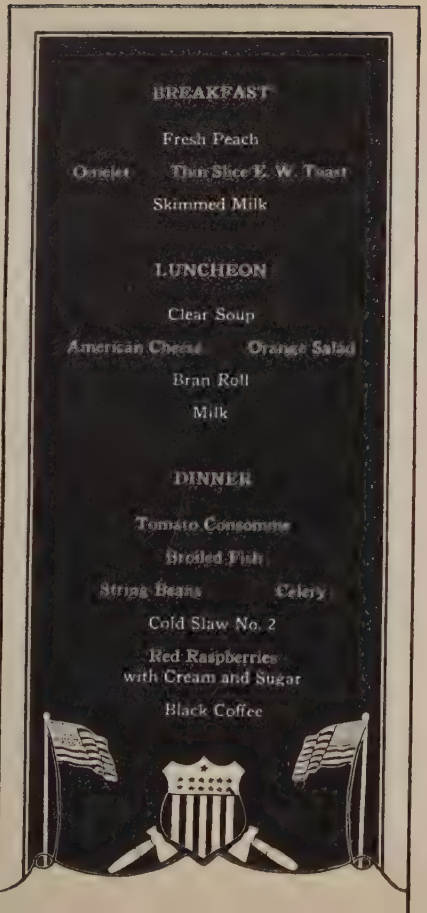
nature of the family dietary, she realized that it was no wonder Tillie was fat, pale and pasty looking. One day the dietitian asked her which of the foods served to her in the hospital she had enjoyed the most. To her surprise, Tillie replied, "Toast." "Why," said the dietitian, "don't you have toast at home?" "Oh, but my mother doesn't know how to make toast like I had there. She always fried it." To aid in the toast making, the dietitian provided a shallow wire basket which fit over the lid of the kitchen stove. This improvisation was quite satisfactory and for several days following, toasting bread was one of the favorite after school pastimes in this family.

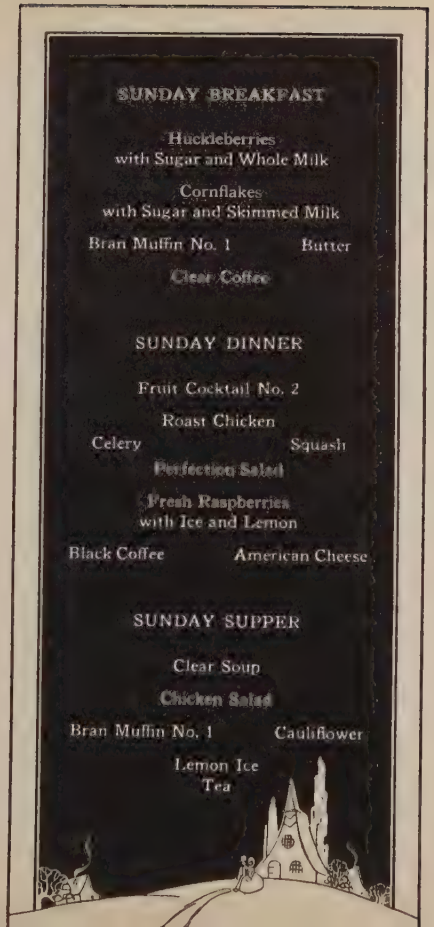
CHAPTER VI

REDUCING DIETS

The fashion dictators of recent years have had enough influence on feminine public opinion to center attention on weight and line. The reducing diet has become a fad and many persons who have reduced unwisely have found impaired health and lowered resistance the price of a pencil-like outline. However, for the few who have reduced unwisely, there are many who have stored up excess fat as a result of overeating. Many of these need a lowered food intake and in reducing are carrying out their doctor's orders. To all persons desiring a change in weight, certain factors should be emphasized.

1. No attempted change in weight, either addition of weight or reduction of weight, should be attempted without consulting a physician.
2. Diet alone should not be used, but a reasonable amount of exercise should be taken.
3. Each person must be put on an individual diet but, generally speaking, weight loss will be achieved by a decrease of from 800 to 1,200 calories from the previous diet.
4. A person on the first week of a reducing diet may show a loss of 3 or 4 pounds, but the amount of decrease should stabilize in about two weeks to not more than 2 pounds per week.
5. In order to be free from too sharp a change, a person should plan a lowered food intake over a period of months.
6. Remember that calories are not the only measuring stick for food.
7. The protein content should not be less than 50 Gm., except in an unusual condition.
8. A pint of milk should be taken daily.
9. Vitamins should be included: vitamin A from whole milk, cream, butter or eggs; and vitamins B and C from fruits and vegetables.
10. There should be sufficient bulk to induce normal bowel action each day.
11. Bread, potatoes and other starchy foods should be kept at a minimum.


BREAKFAST
Fresh Peach
Omelet Thin Slice E. W. Toast
Skimmed Milk
LUNCHEON
Clear Soup
American Cheese Orange Salad
Bran Roll
Milk
DINNER
Tomato Consomme
Broiled Fish
String Beans Celery
Cold Slaw No. 2
Red Raspberries
with Cream and Sugar
Black Coffee


SUNDAY BREAKFAST
Huckleberries
with Sugar and Whole Milk
Cornflakes
with Sugar and Skimmed Milk
Bran Muffin No. 1 Butter
Clear Coffee
SUNDAY DINNER
Fruit Cocktail No. 2
Roast Chicken
Celery Squash
Perfection Salad
Fresh Raspberries
with Ice and Lemon
Black Coffee American Cheese
SUNDAY SUPPER
Clear Soup
Chicken Salad
Bran Muffin No. 1 Cauliflower
Lemon Ice
Tea

BREAKFAST
Stewed Prunes
Puffed Rice with Sugar and Skimmed Milk
Eggs
Thin Slice E. W. Toast Coffee
LUNCHEON
Clear Soup
Cold Chicken Bran Bread
Cucumber and Radish Salad
Tea
DINNER
Consomme
Roast Veal
Asparagus Peas
Tomato and Chives Salad
Fresh Pear
Black Coffee

12. Butter, cream and other fats should be kept at a minimum.

13. Excess of sugar, jams, jellies and nuts should not be used.

The foods listed in table 1 are those suggested for the diet. One should not use more than the total caloric value suggested by the physician.

None of the foods in table 1 should be fried. One should use only enough fat to make the food acceptable. Small servings of meats, fish, eggs and cheese and larger amounts of vegetables and fruits are recommended. One should not use fruit juices; sugar should be used in moderation. With the average serving of one-half cup of vegetables, the allowance is ½ teaspoonful of butter.

With these factors in mind, menus are made up for each individual. There are presented seven menus with recipes showing the make-up of some of the dishes and giving the amounts of servings, grams of protein, fat and carbohydrate, and total calories. The caloric range in these suggested menus is wide, from 1,076 to 1,504. These are not suggested as consecutive days' diets for any one, but rather are offered to show a range of offerings. By a simple addition or subtraction, it is possible for any one to keep at a narrow variation from standard.

HOW TO PREPARE FOODS SUGGESTED FOR THE REDUCING DIET

Coffee (*2 servings*)

Materials:

½ cup ground coffee
½ egg
½ cup cold water
3 cups boiling water

Method:

1. Wash egg, break and beat slightly
2. Dilute one-half egg with one-fourth cup cold water
3. Add one-half shell (crushed) to egg
4. Mix with coffee
5. Pour this mixture into coffee pot
6. Pour boiling water in mixture
7. Stir well
8. Let boil three minutes
9. Add remainder of cold water
10. Let stand in a warm place ten minutes before serving
11. Serve in hot coffee cups

TABLE 1.—*Suggested Foods for a Reducing Diet*

Food	Average Serving	Protein, Gm.	Calories
Whole milk	6 ounces	6	128
Skimmed milk	6 ounces	6	66
Buttermilk	6 ounces	5	62
Beef broth (no fat)	6 ounces	4	15
Chicken broth (no fat)	6 ounces	4	15
Mutton broth (no fat)	6 ounces	4	15
Egg	1 egg	6	78
Butter	1 tablespoonful	..	117
Cream (coffee)	1 tablespoonful	0.5	31
(heavy)	1 tablespoonful	..	52
Apple	1 medium	..	77
Apricots, fresh	3	1	50
Cherries	12	1	41
Grapefruit	½ medium	1	30
Grapes	1 bunch	1	80
Huckleberries	½ cup	1	60
Cantaloup	½ small	1	60
Orange	1 medium	1	40
Orange	1 large	1	60
Peaches	1 medium	1	44
Pears	1 medium	1	44
Pineapple, fresh	1 slice ⅔ inch thick	..	40
Plums, fresh	3 medium	1	84
Raspberries, red	½ cup	..	36
Strawberries	½ cup	1	33
Watermelon	½ slice 1 inch thick	..	40
Asparagus	8 stalks plus ½ teaspoonful butter	1	30
String beans	½ cup plus ½ teaspoonful butter	1	34
Wax beans	½ cup plus ½ teaspoonful butter	1	32
Brussels sprouts	6 plus ½ teaspoonful butter	1	34
Cabbage	½ cup plus ½ teaspoonful butter	1	36
Carrot	½ cup plus ½ teaspoonful butter	1	52
Cauliflower	½ cup plus ½ teaspoonful butter	2	43
Celery	4 pieces 5 inches long	..	8
Mushrooms	1 cup plus 1 teaspoonful butter	5	105
Okra	½ cup plus ½ teaspoonful butter	1	45
Okra with tomatoes	½ cup plus ½ teaspoonful butter	1	44
Onions	1 medium plus ½ teaspoonful butter	1	47
Sauerkraut	½ cup plus ½ teaspoonful butter	1	36
Spinach	½ cup plus ½ teaspoonful butter	2	72
Squash	½ cup plus ½ teaspoonful butter	2	66
Swiss chard	½ cup plus ½ teaspoonful butter	2	37

TABLE 1.—*Suggested Foods for a Reducing Diet—Continued*

Food	Average Serving	Protein, Gm.	Calories
Tomato			
Fresh	1 medium	1	24
Canned	½ cup plus ½ teaspoonful butter	2	44
Turnip	½ cup plus ½ teaspoonful butter	1	44
Salads (mineral oil mayonnaise or lemon juice or vinegar or mineral oil French dressing)			
Apple		..	64
Apple and orange		1	76
Asparagus		1	15
Cabbage No. 4		2	28
Cabbage and green pepper		1	43
Cold slaw No. 2		1	42
Cucumber		1	18
Cucumber and tomato		2	30
Cucumber and radish		1	20
Endive		..	19
Fruit		2	47
Jellied Waldorf		2	36
Lettuce		..	19
Orange		1	79
Orange and almond		2	97
Perfection		3	18
Romaine		..	21
Tomato		1	22
Tomato and chives		1	27
Tomato and cucumber		2	30
Vegetable		2	51
Waldorf (no nuts)		1	31
Watercress		..	19
Watercress and orange		1	79
Mineral oil mayonnaise	1 tablespoonful	..	2
Mineral oil French dressing	1 tablespoonful	..	..
Roast lamb	4 ounces	28	256
Roast beef	2 ounces	12	190
Roast veal	Average serving	20	170
Roast chicken	4 ounces	23	268
Chicken salad (mineral oil mayonnaise)	1 serving	12	137
Roast ham (lean)	2 ounces	12	165
Fish (fresh)	Average serving	12	138
Cheese, cottage	2 tablespoonfuls	6	28
Other foods used to balance up the menus:			
Thin tomato soup	1 cup	4	37
Entire wheat bread	Thin slice	1	32
Bran roll	1	5	88
Cornflakes	½ cup	1	44
Puffed rice	½ cup	1	26
Krumbled bran	½ cup	3	106
Muffet	1	3	84
Puffed wheat	½ cup	1	24
Triscuit	1	1	29
Fruit gelatin	4 ounces	4	159
Lemon ice	Average serving	..	244
Orange ice No. 2	Average serving	..	263
Applesnow	Average serving	2	73
Loganberry pie	Average serving	..	152
Apple sauce	Average serving	..	107
Mint ice	Average serving	..	241
Ice cream	Average serving	3	247
Stewed prunes	6	1	140
Peas	½ cup plus ½ teaspoonful butter	4	72
American cheese	1 1-inch cube	6	87
Philadelphia cream cheese	½ cake	2	248
Sugar	1 teaspoonful	..	20

TABLE 2.—*Menu for One Day*

The breakfasts are all substantial. For business men and women, the forenoon should be the most productive part of the day. We are not fair to the ones who pay our salaries if we do not go adequately prepared for the forenoon.

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
*Stewed prunes	6	2	..	34	140
Puffed rice	½ cup	1	..	6	29
sugar	1 teaspoonful	..	..	5	20
skimmed milk	½ cup	4	0.5	6	45
Eggs	2	12	12	..	156
Thin slice E. W. bread toasted	1	1	..	7	32
*Coffee					
cream	1 tablespoonful	0.4	3	0.6	31
sugar	1 teaspoonful	..	..	5	20
Luncheon					
Clear soup	6 ounces	4	..	..	15
Cold chicken	2 ounces	12	10	..	134
Bran bread	½ slice	3	..	9	44
*Cucumber and radish salad	1 serving	1	..	4	20
Fresh fruit	1 serving	0.7	..	11	47
Tea					
Dinner					
Consomme	1 cup	4	..	..	15
*Roast veal	1 serving	20	10	..	170
Asparagus	8 stalks	1	2	2	30
Peas	½ cup	4	2	10	72
*Tomatoes and chives salad	1 serving	1	..	6	27
Fresh pear	1	1	..	10	44
Black coffee					
		72	40	116	1,088

Beef Broth

Materials:

2 pounds beef
2 pounds bones (cracked)
2 quarts water
1 teaspoonful salt

Method:

1. Wipe meat
2. Cut meat into small cubes, removing fat and gristle
3. Put bones and meat into pan
4. Cover with water
5. Let stand an hour in a cool place
6. Cook for three hours over low flame
7. Strain
8. Let stand until cold
9. Skim off fat
10. Add salt

Average serving: protein, 4 Gm.; fat, —; carbohydrate, —; calories, 15.

TABLE 3.—*Menu for One Day*

The luncheon menus have been kept to items easily secured for workers who eat in restaurants or who carry their luncheon. Also this simplicity will be a boon to the busy housewife who eats alone at home. Whole milk is indicated at luncheon because it might be difficult to secure skimmed milk downtown.

	Amount		Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast						
Fresh apricots	3		1	..	13	56
Krumbled bran	½	cup	3	1	23	106
sugar	1	teaspoonful	..	..	5	20
skimmed milk	½	cup	4	0.5	6	45
Eggs	2		12	12	..	156
Thin slice E. W. bread toasted	1		1	..	7	32
Clear coffee						
Luncheon						
Clear soup	6	ounces	4	..	..	15
Poached egg	1		6	6	..	78
Bran roll	1		5	..	17	88
Fresh fruit	1	serving	0.7	..	11	47
Milk	6	ounces	6	7.5	9	128
Dinner						
*Chicken broth	1	cup	4	..	..	15
Roast beef	2	ounces	12	16	..	190
Mushrooms	1	cup	5	5	10	105
Onions	1	medium	1	2	6	47
*Endive salad	1		..	..	5	19
Grapes	1	bunch	1	..	19	80
Black coffee						
			66	48	131	1,227

And if you are a devotee of the afternoon tea habit, take the dainty bit offered, but count your calories here:

Tea						
Tea	1	cup				
Sugar	1	cube	..	..	5	20
Vanilla wafers or	2		..	..	..	54
Shortbread wafers	2		..	..	..	78

* The method of preparing the foods so designated in these tables is described elsewhere in this article.

Chicken Broth

Materials:

1 fowl
2 quarts cold water

Method:

1. Clean chicken
2. Remove fat and skin
3. Disjoint
4. Wipe with a wet cloth
5. Put in a kettle
6. Cover with cold water

7. Cook until chicken is tender
8. Strain
9. Allow to cool
10. Remove fat
11. Season to taste
12. Serve very hot

Average serving: protein, 4 Gm.; fat, —; carbohydrate, —; calories, 15.

TABLE 4.—*Menu for Sunday or Holiday*

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Huckleberries	½ cup	1	1	13	60
sugar	1 teaspoonful	..	..	5	20
whole milk	¼ cup	2	2.5	3	23
Cornflakes	½ cup	1	..	10	44
sugar	1 teaspoonful	..	..	5	20
skimmed milk	½ cup	4	0.5	6	45
Bran muffin No. 1	1	2	4	1	46
butter	1 teaspoonful	..	4	..	36
Clear coffee					
Dinner					
*Fruit cocktail No. 2	1 serving	1	1	12	57
Roast chicken	4 ounces	23	19	..	268
Celery	4 pieces 5 inches long	..	..	2	8
Squash	½ cup	2	2	10	66
*Perfection salad	1 serving	3	..	2	18
Fresh raspberries with ice and lemon	½ cup	..	..	9	36
Black coffee					
American cheese	1 inch cube	6	7	..	87
Supper					
Clear soup	1 cup	4	..	..	15
Chicken salad	1 serving	10	9	1	129
*Bran muffin No. 1	1	2	4	1	46
*Cauliflower	½ cup	2	3	4	43
*Lemon ice	1 serving	..	..	61	244
Tea					
		63	57	145	1,311

Green Salad (*2 servings*)

Materials:

1 cup shredded cabbage
⅓ cup diced celery
⅓ cup diced cucumber
1 tablespoonful chopped green pepper
1 hard cooked egg cut into slices
2 tablespoonfuls mineral oil mayonnaise
Salt and pepper

Method:

1. Mix cabbage, celery, cucumber and green pepper together in bowl
2. Add egg and mayonnaise
3. Season to taste with salt and pepper
4. Chill thoroughly before serving

Total recipe: protein, 7 Gm.; fat, 7 Gm.; carbohydrate, 5 Gm.; calories, 111.

One serving: protein, 4 Gm.; fat, 4 Gm.; carbohydrate, 3 Gm.; calories, 55.

TABLE 5.—*Menu for One Day*

A light lunch will carry you easily through until time to reach home. Do not overbalance the day by a scanty breakfast, heavy lunch and heavy dinner.

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Grapefruit (medium)	½	1	..	7	30
sugar	1 teaspoonful	..	..	5	20
Scrambled egg	1	6	6	..	78
butter	1 teaspoonful	..	4	..	36
Bran muffin No. 1	1	2	4	1	46
butter	1 teaspoonful	..	4	..	36
Skimmed milk	6 ounces	6	0.7	0.9	66
Luncheon					
Clear soup	6 ounces	4	..	..	15
Bran roll	1	5	..	17	88
Spinach	½ cup	2	6	3	72
Fresh fruit	Average	0.7	..	11	47
Milk	6 ounces	6	7.5	9	128
Dinner					
Bouillon	1 cup	4	..	..	15
*Beef stew with onions, carrots, string beans and mushrooms	1 serving	32	16	17	339
Head lettuce salad	½ head	..	..	5	19
Fresh cherries	12	1	..	9	41
Black coffee					
		70	48	85	1,076

Mutton Broth (*4 servings*)

Materials:

1½ pounds mutton (from neck)
1 quart cold water
1 teaspoonful salt
Few grains pepper

Method:

1. Wipe meat
2. Cut meat into small cubes removing all fat and gristle
3. Put bones and meat into a pot
4. Cover with water
5. Let stand one hour in a cool place
6. Cook for three hours over low flame
7. Strain
8. Let stand until cold
9. Skim off fat
10. Reheat to boiling point when wanted
11. Season to taste
12. Season with salt and pepper

One serving: protein, 4 Gm.; fat, —; carbohydrate, —; calories, 115.

TABLE 6.—*Menu for One Day*

The figures given for bran roll are for the commercial product. The recipes for made-up items are on a basis of four servings, as it is not necessary to have food especially prepared for one member of the family. The salads and simpler desserts are for single servings.

	Amount	Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast					
Cantaloup, medium	½	1	..	14	60
Muffet	1	3	..	18	84
sugar	1 teaspoonful	..	..	5	20
skimmed milk	½ cup	4	0.5	6	45
Thin slice E. W. bread toasted	1	1	..	7	32
Egg	1	6	6	..	78
Skimmed milk	6 ounces	6	0.7	9	66
Luncheon					
Clear soup	6 ounces	4	..	..	15
Hard egg	1	6	6	..	78
Bran bread	½ slice	3	..	9	44
String beans	½ cup	1	2	3	34
Fresh fruit	1 serving	1	..	11	47
Milk	6 ounces	6	7.5	9	128
Dinner					
Consomme	1 cup	4	..	..	15
Roast lamb	4 ounces	28	16	..	256
Turnips	½ cup	1	2	6	44
Spinach	½ cup	2	6	3	72
*Asparagus salad	1 serving	1	..	3	15
*Orange ice No. 2	1 serving	..	..	66	263
Black coffee					
		78	47	169	1,396
*Lemon ice		..	..	..	244

And if after the show, the others want to get a bite, you may do so too but don't forget to count the calories.

Tomato Consommé (*3 servings*)

Materials:

1½ cups chicken broth fat removed
1½ cups cooked tomato
3 teaspoonfuls chopped onions
3 teaspoonfuls chopped parsley

Method:

1. Add tomato, onion and parsley to chicken broth
2. Cook five minutes.
3. Strain
4. Season with salt and pepper
5. Serve

Total recipe: protein, 12 Gm.; fat, —; carbohydrate, 14 Gm.; calories, 110.

One serving: protein, 4 Gm.; fat, —; carbohydrate, 5 Gm.; calories, 37.

TABLE 7.—*Menu for One Day*

American cheese and Philadelphia cream cheese are often included in the luncheon menu because these are easily obtained at cafeterias and restaurants and the amount is easily indicated. Also they are stable—not prepared one way one day and another way the next, and consequently do not vary much in fat content.

	Amount		Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast						
Baked apple (medium—no sugar)	1		..	1	17	77
Muffet	1		3	..	18	84
sugar	1	teaspoonful	..	..	5	20
skimmed milk	½	cup	4	0.5	6	45
Egg	1		6	6	..	78
Thin slice E. W. bread toasted	1		1	..	7	32
Coffee						
cream	2	tablespoonfuls	0.8	6	1.2	62
sugar	1	teaspoonful	..	..	5	20
Luncheon						
Clear soup	6	ounces	4	..	..	15
American cheese	2	1-inch cubes	12	14	..	174
*Tomato and cucumber salad	1	serving	2	..	6	30
Fresh fruit	1	serving	0.7	..	11	47
Milk	6	ounces	6	7.5	9	128
Dinner						
Bouillon	1	cup	4	..	..	15
Roast chicken	4	ounces	23	19	..	268
Swiss chard	½	cup	2	2	3	37
Carrots	½	cup	1	2	7	52
*Orange and apple salad.	1	serving	1	..	18	76
Lemon ice	1	serving	..	..	61	244
Black coffee						
			71	58	174	1,504

Coffee Gelatin (*1 serving*)

Materials:

½ teaspoonful gelatin
1 tablespoonful cold water
½ cup boiling coffee
½ grain saccharin
½ teaspoonful cold water

Method:

1. Soak gelatin in cold water five minutes
2. Add boiling coffee and stir until gelatin is dissolved
3. Add saccharin dissolved in cold water
4. Pour in a small mold and put in a cool place
5. When firm remove from the mold and serve

Total recipe: protein, 2 Gm.; fat, —; carbohydrate, —; calories, 6.

Lemon Ice (*4 servings*)

Materials:

1 cup sugar
2 cups water
¾ cup lemon juice

Method:

1. Make syrup by boiling sugar and water together for five minutes
2. Cool
3. Add fruit juice and freeze

Total recipe: protein, —; fat, —; carbohydrate, 244 Gm.; calories, 976.

One serving: protein, —; fat, —; carbohydrate, 61 Gm.; calories, 244.

TABLE 8.—*Menu for One Day*

The same figures are given each noon for fresh fruit. These figures are for an average of a medium sized peach, pear, orange, apple, ½ cup of raspberries, or a slice of watermelon.

	Amount		Protein, Gm.	Fat, Gm.	Carbohydrate, Gm.	Calories
Breakfast						
Fresh peach (medium)	1		1	..	10	44
Omelet	1		6	10	..	114
Thin slice of E. W. bread toasted	1		1	..	7	32
Skimmed milk	6	ounces	6	0.7	9	66
Luncheon						
Clear soup	6	ounces	4	..	..	15
American cheese	2	1-inch cubes	12	14	..	174
*Orange salad	1	serving	1	..	18	79
Bran roll	1		5	..	17	88
Milk	6	ounces	6	7.5	9	128
Dinner						
*Tomato consomme	1	cup	4	..	5	37
Broiled fish	1	serving	12	10	..	138
String beans	½	cup	1	2	3	34
Celery (4 pieces 5 inches long)			..	..	2	8
*Cold slaw No. 2	1	serving	1	..	10	42
Red raspberries	½	cup	..	..	9	36
cream	2	tablespoonfuls	0.8	6	1.2	62
sugar	1	teaspoonful	..	..	5	20
Black coffee						
			61	50	105	1,117

Lettuce and Tomato Salad (*1 serving*)

Materials:

1 small tomato
2 leaves of lettuce
Mineral oil French dressing

Method:

1. Remove skin from tomato
2. Cut in quarters and place on lettuce
3. Dress with French dressing

Total recipe: protein, 1 Gm.; fat, —; carbohydrate, 5 Gm.; calories, 22.

Mocha Cream (*2 servings*)

Materials:

1 teaspoonful gelatin
2 tablespoonfuls cold water
½ cup boiling Kaffee Hag
½ tablespoonful sugar
1 teaspoonful water
¼ cup cream, 20%

Method:

1. Soak gelatin in cold water five minutes
2. Add boiling Kaffee Hag
3. Stir until gelatin is dissolved
4. Add sugar
5. Allow to stand until nearly set
6. Beat with egg beater until foamy
7. Beat in cream
8. Pour in molds
9. Allow to stand in cool place until firm
10. Remove from mold and serve

Whole recipe: protein, 5 Gm.; fat, 12 Gm.; carbohydrate, 10 Gm.; calories, 167.

One serving: protein, 3 Gm.; fat, 6 Gm.; carbohydrate, 5 Gm.; calories, 84.

Chicken and Vegetable Salad (1 serving)

Materials:

¼ cup chopped celery
¼ cup shredded cabbage
¼ cup cold chicken (cut in pieces)
1 tablespoonful mineral oil mayonnaise
Salt to taste
¼ cup diced beets
1 large leaf head lettuce

Method:

1. Place celery, cabbage and chicken in a bowl and mix
2. Add mayonnaise and mix well
3. Add salt to taste
4. Add beets and mix slightly
5. Serve at once on lettuce

Total recipe: protein, 9 Gm.; fat, 7 Gm.; carbohydrate, 6 Gm.; calories, 121.

Cauliflower (*2 servings*)

Materials:

1 small head cauliflower
1 quart boiling water
½ teaspoonful salt
1 teaspoonful butter

Method:

1. Remove outer leaves of cauliflower
2. Let stand, head downward in cold water, twenty minutes
3. Cook, head up, in boiling salted water, twenty minutes
4. Drain
5. Separate flowerets
6. Serve in hot vegetable dish with melted butter

Total recipe: protein, 3 Gm.; fat, 5 Gm.; carbohydrate, 7 Gm.; calories, 86.

One serving: protein, 2 Gm.; fat, 3 Gm.; carbohydrate, 4 Gm.; calories, 43.

Stuffed Tomatoes (*1 serving*)

Materials:

- 1 medium sized tomato
- ½ teaspoonful chopped onion
- 1 tablespoonful chopped, cooked beef, veal or chicken
- ½ teaspoonful chopped green pepper
- 1 teaspoonful celery
- Salt and pepper

Method:

1. Wipe tomato
2. Remove thin slice from stem end of tomato
3. Take out seeds and pulp
4. Mix onion, meat, green pepper and celery
5. Season with salt and pepper
6. Refill tomato with this mixture
7. Place tomato in small pan
8. Add enough water to keep pan from burning
9. Bake twenty minutes in a hot oven

Total recipe: protein, 7 Gm.; fat, 4 Gm.; carbohydrate, 5 Gm.; calories, 82.

Chicken and Carrot Salad (*1 serving*)

Materials:

- ¼ cup chicken (cut in pieces)
- ½ cup raw grated carrot
- 2 tablespoonfuls mineral oil mayonnaise
- Salt
- 2 lettuce leaves

Method:

1. Mix chicken, carrot and mayonnaise lightly so that mixture will not be mushy
2. Add salt to season
3. Serve on lettuce

Total recipe: protein, 9 Gm.; fat, 7 Gm.; carbohydrate, 7 Gm.; calories, 127.

Cucumber and Radish Salad (*1 serving*)

Materials:

- 7 slices cucumber, ¼ inch thick
- 2 leaves lettuce
- 2 radishes, cut in thin slices
- Vinegar

Method:

1. Place slices of cucumber and radishes on lettuce
2. Serve with vinegar

Total recipe: protein, 1 Gm.; fat, —; carbohydrate, 4 Gm.; calories, 20.

Tomato and Chives Salad (*1 serving*)

Materials:

1 medium sized tomato
2 leaves of lettuce
Chives

Method:

1. Skin tomato and cut in thick slices
2. Place on lettuce and sprinkle with finely chopped chives

Total recipe: protein, 1 Gm.; fat, —; carbohydrate, 6 Gm.; calories, 27.

Tomato and Cucumber Salad (*1 serving*)

Materials:

1 small tomato
2 leaves of lettuce
7 slices of cucumber ⅛ inch thick
Vinegar

Method:

1. Skin tomato and cut in thick slices
2. Lay these on lettuce
3. Arrange slices of cucumber over top
4. Serve with vinegar

Total recipe: protein, 2 Gm.; fat, —; carbohydrate, 6 Gm.; calories, 30.

Orange and Apple Salad (*1 serving*)

Materials:

½ medium orange, cut in sections
½ cup chopped apple
2 leaves lettuce
Mineral oil French dressing

Method:

1. Mix orange and apple and serve on lettuce
2. Dress with mineral oil French dressing

Total recipe: protein, 1 Gm.; fat, —; carbohydrate, 18 Gm.; calories, 76.

Fruit Cocktail No. 2

Materials:

¼ large orange
¼ cup pineapple
6 medium size strawberries

Method:

1. Cut orange in pieces and place in bowl
2. Add strawberries, cut in quarters
3. Add pineapple
4. Mix the fruit
5. Place in fruit dish and put in a cool place until ready to serve

Total recipe: protein, 1 Gm.; fat, 1 Gm.; carbohydrate, 12 Gm.; calories, 57.

Jellied Tomato (*1 serving*)

Materials:

- 1 teaspoonful gelatin
- 2 tablespoonfuls cold water
- 1 cup cooked tomatoes
- ¼ teaspoonful salt
- 3 stuffed olives

Method:

1. Soak gelatin in cold water for five minutes
2. Strain tomatoes and add salt
3. Heat strained tomato to boiling point
4. Pour over gelatin and stir until it is dissolved
5. Cut olives in thin slices and place in the bottom of a small mold
6. Pour in the tomato and gelatin mixture
7. Put in a cool place until firm
8. Remove from mold and serve as a salad

Total recipe: protein, 4 Gm.; fat, 1 Gm.; carbohydrate, 5 Gm.; calories, 45.

Mineral Oil Mayonnaise

Materials:

- 2 tablespoonfuls lemon juice
- 1 egg
- 1 teaspoonful salt
- 2 cups mineral oil

Method:

1. Put vinegar in a bowl
2. Add five tablespoonfuls of the oil and beat well
3. Add the egg
4. Add remaining oil very slowly at first and continue to beat until all the oil has been added
5. Add salt

Total recipe: protein, 6 Gm.; fat, 6 Gm.; carbohydrate, 1 Gm.; calories, 78.

One tablespoonful: protein, —; fat, —; carbohydrate, —; calories, 2.

Jellied Egg and Spinach

Materials:

- ⅔ teaspoonful gelatin
- 1 tablespoonful cold water
- 1 tablespoonful boiling water
- 1 teaspoonful lemon juice
- ⅓ cup chopped cooked spinach
- 1 hard cooked egg
- Salt and pepper

Method:

1. Dissolve gelatin in cold water five minutes
2. Add boiling water and stir until gelatin is dissolved
3. Allow to cool
4. Add lemon juice and seasonings
6. Cut hard boiled egg in thin slices and place in mold
7. Pour spinach and gelatin over egg

8. Put in cool place
9. When firm remove from mold and serve on lettuce leaf with mayonnaise

Total recipe: protein, 9 Gm.; fat, 9 Gm.; carbohydrate, 2 Gm.; calories, 122.

Beef Stew No. 2 (*4 servings*)

Materials:

1 pound beef
1 cup chopped onion
2 cups chopped carrots
2 cups cut string beans
2 cups small mushrooms

Method:

1. Cut meat into 1 inch cubes and brown thoroughly in frying pan, stirring all the time
2. When dark brown, add water to cover and cook slowly until meat is tender
3. Season and cook five minutes longer
4. While meat is cooking, cook vegetables separately in small amounts of slightly salted water until each is tender
5. Season each to taste with salt and pepper and combine meat and vegetables and serve at once

Total recipe: protein, 126 Gm.; fat, 66 Gm.; carbohydrate, 67 Gm.; calories, 1,359.

One serving: protein, 32 Gm.; fat, 16 Gm.; carbohydrate, 17 Gm.; calories, 339.

Wax Bean Salad (*2 servings*)

Materials:

2 cups cooked wax beans
2 teaspoonfuls chopped onion
2 teaspoonfuls chopped green pepper
2 tablespoonfuls chopped parsley
½ teaspoonful salt
⅛ grain saccharin
4 tablespoonfuls vinegar
1 teaspoonful sugar

Method:

1. Mix vegetables together in bowl
2. Dissolve salt and saccharin in vinegar
3. Add to vegetables and mix thoroughly
4. Chill and serve on lettuce

Total recipe: protein, 3 Gm.; fat, —; carbohydrate, 10 Gm.; calories, 52.

One serving: protein, 2 Gm.; fat, —; carbohydrate, 5 Gm.; calories, 26.

Roast Veal

Materials:

Veal from loin or leg
Salt and pepper
Flour
Salt pork
⅓ cup butter

Method:

1. Wipe meat
2. Sprinkle with salt and pepper
3. Sew in shape
4. Place on rack in dripping pan
5. Sprinkle meat and bottom of pan with flour
6. Place around meat strips of fat salt pork
7. Bake three or four hours in a moderate oven
8. Baste every fifteen minutes with ⅓ cup fat melted in ½ cup boiling water

Average serving: protein, 20 Gm.; fat, 10 Gm.; carbohydrate, —; calories, 170.

Veal Stew (*4 servings*)

Materials:

- 1 pound cheaper cut of veal
- 4 tablespoonfuls flour
- 2 tablespoonfuls butter or other fat
- ¼ cup onion cut in pieces
- ½ cup carrots cut in pieces
- 1 cup potatoes cut in pieces
- Salt and pepper

Method:

1. Cut meat into 1 inch cubes
2. Sprinkle with flour
3. Heat fat with onion in pan
4. Brown meat in pan
5. When brown add water to cover
6. Cook over slow fire
7. Steam vegetables in a small strainer over boiling water
8. When meat is done, add vegetables and seasoning

Total recipe: protein, 102 Gm.; fat, 55 Gm.; carbohydrate, 59 Gm.; calories, 1,140.

One serving: protein, 26 Gm.; fat, 14 Gm.; carbohydrate, 15 Gm.; calories, 285.

Sauerkraut Salad (*2 servings*)

Materials:

- 1 cup sauerkraut
- ¼ cup grated carrot
- 2 tablespoonfuls grated onion
- 2 tablespoonfuls chopped green pepper
- 2 tablespoonfuls mineral oil mayonnaise
- ⅛ teaspoonful salt

Method:

1. Mix vegetables
2. Add mayonnaise
3. Add salt
4. Chill and serve on lettuce leaf

Total recipe: protein, 4 Gm.; fat, —; carbohydrate, 14 Gm.; calories, 72.

One serving: protein, 2 Gm.; fat, —; carbohydrate, 7 Gm.; calories, 36.

String Bean, Beet and Celery Salad (*2 servings*)

Materials:

2 lettuce leaves
½ cup cold cooked string beans
½ cup cold cooked beets, diced
¼ cup chopped celery
½ medium sized onion, chopped

Method:

1. Place lettuce leaves on a plate
2. Arrange beets and string beans on lettuce
3. Sprinkle chopped celery and onion on top
4. Serve with mineral oil mayonnaise

Total recipe: protein, 3 Gm.; fat, 4 Gm.; carbohydrate, 13 Gm.; calories, 100.

One serving: protein, 2 Gm.; fat, 2 Gm.; carbohydrate, 7 Gm.; calories, 50.

It was necessary to perform an operation on Clara, but before this was done the doctor wished her to lose 50 of her 245 pounds. Clara had tried to reduce, but with little success. She had taken smaller servings of the same foods, all of which had a high caloric value. She was discouraged because she had been hungry, was constipated and had lost little weight.

When Clara was shown some of the foregoing daily menus she was amazed at the amounts of food allowed and said she would gain weight on such a diet, but she was asked to try it. In ten days she returned to the diet clinic greatly excited; she opened her coat and displayed how she had been forced to fold her skirtband over a couple of inches to make it fit. To her the alleviation of the constipation was magic, but most mysterious was the fact that she was eating more than she ever had before.

CHAPTER VII

THE DIABETIC DIET

In any consideration of a diabetic diet it is necessary to stress the individual needs of each person. In the case of a hospital or dispensary patient, the doctor prescribes the diet in terms of protein, fat and carbohydrate and the hospital dietitian confers with the patient and finds out his food likes and dislikes and something of the dietary habits of other members of the family. Then, working closely with the patient, the dietitian interprets the doctor's prescription in terms of food suitable to the individual.

If the patient has been referred from the dispensary, his home is visited. The next day after his first visit to the dispensary, the dietitian visits the home of the diabetic patient. There she gives instruction with the equipment in everyday use in the home. After a few visits it is a simple matter for the patient or the member of the family preparing the meals to make substitutions according to market offerings and to the vagaries of the patient's appetite. This careful working with the family makes possible a reestablishment of the patient to almost complete working and earning capacity and a continuance in this condition for years barring other disabilities.

Mr. and Mrs. Kelly are an interesting couple about 65 years old. They live in three small, poorly ventilated rooms above a store in the market district. Mr. Kelly did not know he had diabetes until he was brought into the hospital for treatment. While he was in the hospital, he was eager to learn all he could about his diet. Mrs. Kelly was unable to come in for instruction and demonstrations because the streets were so icy. The dietitian told Mr. Kelly she was going out to see his wife, and he was very happy. "Mother will learn," he said; "she's a good baker. And she'll treat you good, mother will." He could hardly wait until the dietitian returned and brought him the news.

The dietitian explained to Mrs. Kelly, in her crowded quarters, that Mr. Kelly could have neither sugar nor starches.

Mrs. Kelly timidly said, "Poor father always wanted pie when he came home from work. If I didn't have

pie or cake he wanted to know what was the matter with me—I wasn't doing my duty."

MR. KELLY IS TREATED "REAL GOOD"

The dietitian suggested fruits for desserts and also the possibility of making up some pies and cookies that "father" could have. But first there must be a substitute for bread, so muffins were made. There was difficulty in washing the bran. The water pipes had frozen during the cold weather, the landlord was out of the city, would not be back until April and then perhaps he would not fix the pipes. So the bran was washed in the dish pan.

The dietitian had taken some dry bran with her so that muffin demonstrations could be given that afternoon. A tin fork, a cracked bowl and a granite pan, much too small, were all that were provided. To make good muffins the whites of the eggs must be beaten stiff. The dietitian's arms ached from her efforts with the tin fork but it was worth while when she saw Mrs. Kelly's delight over the result. There were no muffin pans, so the mixture was baked in a loaf. But Mrs. Kelly wanted the dietitian to know that money was not to be considered; anything "father" needed would be secured somehow. "Father has been such a good man to me; my first man was cruel," she said. A later visit after Mr. Kelly left the hospital showed that he was getting along splendidly. "Mother" was treating him "real good—not stinting on the butter at all." And she had bought a muffin pan. This couple have questions saved up to ask the dietitian and they show great delight to have some one from the hospital interested in them.

Mr. Tralonia spoke almost no English and the dietitian's task was a difficult one. She went to his home to see his wife but the wife worked away all day. The dietitian and the social service worker then went together to the factory where the wife worked. There they secured an interpreter and they left with the feeling of something definite accomplished. But the wife, with her scant time for homemaking, did not seem to do well with the dietary regimen for her husband. It finally was decided that Mrs. Tralonia thought her husband "looked" well and did not need special attention to diet. When she was brought to

realize his true condition things improved and have kept on at a satisfactory rate. The interpreter also became interested. Her father—away in Roumania—was also a diabetic. Would the dietitian explain the diet to her and give her a copy of the household measurement sheets so she could write her father's doctor about it?

Mr. Thomas came to the hospital after he had been unable to work for more than two years. One of his neighbors, Mr. Line, left home for the hospital suffering from diabetes and other ailments, and no one expected to see him again alive. But Mr. Lane went home with an understanding of his food needs and a faith that he could be much better if he would play the game. This made a great impression on Mr. Thomas, so he came to the hospital with a history of diabetes for a quarter century, a haphazard attention to his medical care (he never went to see the doctor unless he was very ill), and a lot of misinformation.

Mr. Thomas' dietetic guidance had been worse than nil. Some one told him not to eat white bread so he did not, but he ate gluten bread because he heard that was good for diabetics. He drank lots of milk, no one ever having told him that this contained 5 per cent carbohydrate. He ate no candy but he took plenty of sugar on his grapefruit because he thought the acid in the fruit would kill the sugar. He ate lots of protein. While he was in the hospital he and his wife were taught carefully the principles of dietary adjustment for diabetes. He went home some weeks ago and recently wrote: "I feel better than I have for twenty-five years. And to think that all I needed was to know what to eat."

NO TONIC PERMITTED MRS. CARPENTER

Mrs. Carpenter is a colored patient who had difficulty in adhering to diet. The first week at home she followed her diet beautifully, made the bran muffins and decreased her output of sugar. By the end of three weeks she was so self-confident that she began to substitute foods. For the bran wafers she took graham crackers. She drank a quart of milk a day because she felt weak and had heard that milk was nourishing. She was told that she should not take more than her diet allowed. Tests made at the next visit still showed sugar, and she confessed she was drinking buttermilk.

"But the buttermilk's sour; there can't be any sugar in that," she said. For several weeks after she stopped drinking buttermilk she was sugar free. Then a visit revealed another output of sugar. "No, ma'am, I ain't eatin' nothing 'cept what you-all tells me; no ma'am." A lengthy and apparently casual conversation led up to a query about the patient's general health. "Oh, I'm feeling fine. Just like a race horse. I'm taking a tonic every day." When she was told that this "tonic" contained 10 per cent alcohol, which was probably responsible for her sugar output, she felt that the dietitian was determined to deprive her of every joy in life.

Alice was every one's pet when she was in the hospital. Keeping her on a strict diet was a simple matter during her stay, but it was doubtful if, when she was at home, she would be able to resist the temptation of candy and the other goodies so dear to the hearts of all children. The diet was explained carefully to Alice's mother, and when the child left we felt sure she was safe in her mother's hands.

Then the time came for her to go back to school, and her self-control was tested. She never talked about food and ate only the things prepared by her mother. One afternoon she came home from school with a little package that looked much like cookies. She said nothing, however, and her wise mother did not question her. She put down her books, played with her brothers for a while, and then picking up the package went outside. A few minutes later her mother saw Alice sitting on the porch with her puppy, feeding him sugar cookies. When her mother went out on the porch, Alice said to her, "Mother, the other girls were buying cookies so I bought some too and brought 'em home to Browner."

Mrs. Carlson, with a severe case of diabetes, tells the dietitian of her home difficulties with dieting. "It's 'ma—poor ma—why, poor ma doesn't get a thing to eat—come on, ma—you might as well eat a piece of pie.' The first thing you know I'm eating everything, and you're so interested in me and the hospital really cares about me—I'm just ashamed of myself. I'm going to start over again."

Mrs. Johnson, colored, came into the hospital last April with a blood sugar of 400 milligrams. She was a pretty sick woman and also a well frightened one,

as a friend of hers had recently died from diabetes. At first she was a doubtful subject for the dietitian's tender ministrations as she claimed to have been "brought up refined" and absolutely refused to come to demonstrations in the regulation dressing gown worn

Name Mrs. Pine
Date Dec. 3
Diet Prescribed - P 60 gms F 150 gms. C 45 gms.

Food allowed for one day	Amount	Gms. P	Gms. F	Gms. C
Vegetables 5%	300 gms. 3 servings	3		9
10%	100 grams 1 serving	2		10.
Fruit				
Orange large	1/2	1.		6.
grapefruit large	1/2	1.		15.
Bread Substitute				
No. 1 muffin	3	6	12	3
Cereals				
Cream 20%	1/2 cup	4	24	5.
Butter	3 1/3 tablespoons		43	
Eggs	2	12	12	
Meat lean	1/4 lb	28	16.	
Bacon	2 strips 5" long	3	20	
Mayonnaise	2 tablespoons		26	
	Total	60	153	43

Form used in interpreting the doctor's prescription.

by the ward patients. It took patience to help her with the arithmetic involved in mastering her diet, and progress was slight. Finally one day the dietitian said, "Mrs. Johnson, you don't seem to like arithmetic." Mrs. Johnson replied, "No, ma'am, I ain't jest what you might call strong on arithmetic, but I'se a great public speaker. I leads prayer meetin's."

The "great public speaker" was discharged in about three weeks sugar free and with a blood sugar of 120 milligrams. She promptly celebrated her return to the domestic fireside by eating a cake. Luckily this happened the day before class and the consequences were visible. Mrs. Johnson was much embarrassed—not at the sin itself, alas, but at the sin of being found out.

"To tell de truth, ma'm, I didn't just follow de 'structions" she admitted. "I'll be good now." And she has been. For nearly a year now the test has been

TABLE 1.—*Menu for December 3*

	Food	Amount
Daily	Cream, 20 per cent	½ cup
	Butter	3⅓ tablespoonfuls
Breakfast	Grapefruit	½
	Egg	1
	Bacon	2 strips
	Bran muffin No. 1	1
	Coffee	
Lunch	Salad: Egg	1
	Salad: Lettuce	¼ small head
	Salad: Mayonnaise	1 tablespoonful
	Celery	4 pieces, 5 inches long
	Spinach	⅔ cup
	Bran muffin No. 1	1
	Orange	½
	Coffee or tea	
Dinner	Steak	¼ pound
	Carrots	⅔ cup
	Salad: Cucumber	5 slices, ¼ inch thick
	Salad: Lettuce	⅛ small head
	Salad: Mayonnaise	1 tablespoonful
	Bran muffin No. 1	1
	Coffee or tea	

clear and the blood sugar normal. Recently Mrs. Johnson was told that it would be necessary for her to come to class only once a month, for observation, and she was put on a very liberal diet.

"You may have a little bread now—only remember, not too much," said the dietitian. "No, ma'm," returned Mrs. Johnson, "that there diabetes treatment brought me back from the brink of the grave and I ain't takin' no chances on nothing else. No bread for me."

One of the forms used in this hospital by the dietitian in interpreting the doctor's prescription in terms of food suitable to the individual patient is shown on the preceding page.

TABLE 2.—*Menu for December 4*

	Food	Amount
Daily	Cream, 20 per cent	½ cup
	Butter	3⅓ tablespoonfuls
Breakfast	Orange	½
	Egg	1
	Bran muffin No. 1	1
	Coffee	
Lunch	Bacon	2 strips
	Egg	1
	Asparagus	⅔ cup
	Salad: Beets, chopped	⅓ cup
	Salad: Celery, chopped	⅓ cup
	Salad: Lettuce	⅛ small head
	Salad: Mayonnaise	1 tablespoonful
	Bran muffin No. 1	1
	Grapefruit	¼
	Coffee or tea	
Dinner	Veal steak	¼ pound
	String beans	⅔ cup
	Beets	⅓ cup
	Bran muffin No. 1	1
	Salad: Grapefruit	¼
	Salad: Lettuce	⅛ small head
	Salad: Mayonnaise	1 tablespoonful
	Coffee or tea	

Patients are given the following recipes for preparing suitable foods. The protein, fat, carbohydrate content of each recipe is added, together with the number of calories present.

Bran Wafers

Materials:

1 cup washed bran
1 tablespoonful India gum
½ teaspoonful salt
3 tablespoonfuls mineral oil

Method:

1. Mix bran, India gum and salt
2. Add mineral oil
3. Add enough water to make a mixture that will spread easily
4. Spread on pan greased with mineral oil
5. Mark in squares
6. Bake in a slow oven until crisp

These wafers have no food value.

Cream of Celery Soup (*1 serving*)

Materials:

1 cup cut celery, cooked
⅓ cup water in which celery was cooked
2 tablespoonfuls thin cream
Slice onion
Salt and pepper

Method:

1. Rub celery through a strainer
2. Add water in which celery was cooked
3. Scald cream with slice of onion
4. Add celery to hot cream
5. Season with salt and pepper
6. Remove slice of onion
7. Serve at once

Total recipe: protein, 2 Gm.; fat, 6 Gm.; carbohydrate, 5 Gm.; calories, 82.

Cream of Tomato Soup No. 1 (*1 serving*)

Materials:

½ cup canned tomatoes
2 tablespoonfuls thin cream
⅛ teaspoonful baking soda
Salt and pepper

Method:

1. Scald the cream
2. Strain the tomatoes and heat to boiling point
3. Add baking soda to the tomatoes
4. Combine the hot cream and tomatoes
5. Season with salt and pepper
6. Serve at once

Total recipe: protein, 2 Gm.; fat, 6 Gm.; carbohydrate, 6 Gm.; calories, 86.

Lister's Equalized Pancakes

Materials:

1 egg
⅛ teaspoonful salt
½ box Lister's Equalized Flour
1 tablespoonful butter

Method:

1. Beat egg
2. Add water
3. Add salt
4. Add Lister's Equalized Flour
5. Fry in butter

Total recipe: protein, 6 Gm.; fat, 19 Gm.; carbohydrate, 6 Gm.; calories, 219.

Bran Muffins No. 1

Materials:

3 eggs
2 tablespoonfuls butter
1 level teaspoonful soda
2 cups washed and dried bran
1 cup sour milk or buttermilk
½ teaspoonful salt

Method:

1. Beat egg yolk
2. Melt butter and add to egg yolk
3. Mix soda and bran
4. Add bran and soda mixture alternately with sour milk to the egg yolk and butter

5. Add salt to egg whites
6. Beat egg white and fold into other materials
7. Put into muffin tins greased with mineral oil
8. Bake in hot oven until done
9. This makes twelve muffins weighing 30 Gm. each and giving approximately the following food value for each muffin:

One muffin: protein, 2 Gm.; fat, 4 Gm.; carbohydrate, 1 Gm.; calories, 46.

TABLE 3.—*Menu for December 5*

	Food	Amount
Daily	Cream, 20 per cent	½ cup
	Butter	3⅓ tablespoonfuls
Breakfast	Grapefruit	½
	Bacon	2 strips
	Bran muffin No. 1	1
	Coffee	
Lunch	Scrambled eggs	2
	Salad { Sliced tomato	1 small tomato
	Salad { Lettuce	1 leaf
	Salad { Mayonnaise	1 tablespoonful
	Cauliflower	⅔ cup
	Bran muffin No. 1	1
	Coffee or tea	
Dinner	Roast lamb	¼ pound
	Squash	⅔ cup
	Salad { Head lettuce	¼ large head
	Salad { Mayonnaise	1 tablespoonful
	Bran muffin No. 1	1
	Orange	1
	Coffee or tea	

Bran Muffins No. 2

Materials:

2 eggs
2 tablespoonfuls butter
1 level teaspoonful soda
2 cups bran
1 cup sour milk or buttermilk
½ teaspoonful salt

Method:

1. Beat egg yolks
2. Melt butter and add to egg yolk
3. Mix soda with bran
4. Add bran and soda mixture alternately with sour milk to the egg yolk and the butter
5. Add salt to egg whites
6. Beat egg white and fold into other materials
7. Put into muffin tins greased with mineral oil
8. Bake in hot oven until done
9. This makes twelve muffins weighing 30 Gm. each and giving approximately the following food value for each muffin:

One muffin: protein, 2 Gm.; fat, 3 Gm.; carbohydrate, 1 Gm.; calories, 38.

Cream of Cauliflower Soup (*1 serving*)

Materials:

1 cup cooked cauliflower
¼ cup chicken or beef stock or water in which cauliflower was cooked
2 tablespoonfuls cream
Slice of onion
Salt and pepper

Method:

1. Rub cauliflower through a strainer
2. Add water in which cauliflower was cooked or broth
3. Scald cream with a slice of onion
4. Add cauliflower to hot cream
5. Season with salt and pepper
6. Remove slice of onion
7. Serve at once

Total recipe: protein, 5 Gm.; fat, 7 Gm.; carbohydrate, 9 Gm.; calories, 119.

Nutrivoid Pancakes (*1 serving*)

Materials:

3 tablespoonfuls nutrivoid flour
1 tablespoonful washed bran
¼ teaspoonful baking powder
⅛ teaspoonful salt
1 egg
3 tablespoonfuls water
2 tablespoonfuls cooking fat

Method:

1. Mix dry ingredients together
2. Break egg into bowl and beat well
3. Add water
4. Add dry ingredients
5. Put cooking fat on griddle
6. When melted drop pancake mixture by spoonfuls on griddle
7. When brown on one side turn over
8. Serve with butter

Total recipe: protein, 6 Gm.; fat, 33 Gm.; carbohydrate, —; calories, 318.

Puffy Omelet (*1 serving*)

Materials:

1 egg
1 tablespoonful butter
Small amount parsley

Method:

1. Separate egg yolk and white
2. Beat yolk until smooth
3. Beat white until stiff
4. Fold white into yolk

5. Put butter in small frying pan
6. When butter is hot, pour in the egg and cook over a low flame until thoroughly done
7. Fold one half over the other
8. Place on hot platter and garnish

Total recipe: protein, 6 Gm.; fat, 19 Gm.; carbohydrate, —; calories, 195.

Baked Custard No. 1 (*2 servings*)

Materials:

1 egg
⅓ cup cream
⅓ cup water
½ teaspoonful vanilla
½ grain saccharin
Pinch of salt

Method:

1. Beat egg slightly
2. Scald cream and water
3. Pour slowly over egg, stirring constantly
4. Add saccharin dissolved in vanilla and the salt
5. Pour into two custard cups
6. Set custard cups in a pan of hot water and bake in moderate oven until firm

Total recipe: protein, 9 Gm.; fat, 21 Gm.; carbohydrate, 3 Gm.; calories, 237.

One serving: protein, 5 Gm.; fat, 11 Gm.; carbohydrate, 2 Gm.; calories, 118.

Blackberry Cobbler (*2 servings*)

Materials:

1 egg
⅛ teaspoonful salt
¼ grain saccharin
1 tablespoonful cream
1½ tablespoonfuls nutrivoid flour
½ cup blackberries

Method:

1. Separate yolk from white of egg
2. Add salt to white and beat until stiff
3. Add saccharin dissolved in cream to egg yolk and mix well
4. Add nutrivoid flour
5. Fold in beaten egg white
6. Put blackberries into greased baking dish
7. Pour nutrivoid mixture over berries
8. Bake in hot oven until firm

Total recipe: protein, 8 Gm.; fat, 9 Gm.; carbohydrate, 8 Gm.; calories, 145.

One serving: protein, 4 Gm.; fat, 5 Gm.; carbohydrate, Gm.; calories, 72.

Sour Buttered Beets (*2 servings*)

Materials:

- 2 tablespoonfuls butter
- 2 teaspoonfuls lemon juice
- 1⅓ cups cooked, diced beets
- Salt and pepper

Method:

1. Melt butter in a frying pan
2. Add lemon juice and stir until well blended
3. Add beets and mix well with the sauce
4. When well mixed and heated add salt and pepper
5. Serve very hot

Total recipe: protein, 3 Gm.; fat, 26 Gm.; carbohydrate, 20 Gm.; calories, 326.

One serving: protein, 2 Gm.; fat, 13 Gm.; carbohydrate, 10 Gm.; calories, 163.

Flemish Carrots (*2 servings*)

Materials:

- 1 tablespoonful cooking fat
- ½ tablespoonful chopped onion
- 1⅓ cups cooked sliced carrots
- Salt and pepper
- ¼ cup chicken broth
- ½ teaspoonful chopped parsley

Method:

1. Melt fat in frying pan
2. Brown onion in fat
3. Add carrots, salt and pepper
4. Add broth, cover and simmer ten minutes
5. Add chopped parsley

Total recipe: protein, 3 Gm.; fat, 14 Gm.; carbohydrate, 22 Gm.; calories, 226.

One serving: protein, 2 Gm.; fat, 7 Gm.; carbohydrate, 11 Gm.; calories, 113.

Lister's Equalized Chocolate Nut Cookies (*12 cookies*)

Materials:

- 1 egg
- 2 tablespoonfuls melted butter
- ⅓ square unsweetened chocolate
- 4 tablespoonfuls cream
- 2 tablespoonfuls water
- 1½ grains saccharin
- 1 teaspoonful vanilla
- ⅛ teaspoonful salt
- 1 box Lister's Equalized Flour
- 3 tablespoonfuls chopped walnuts

Method:

1. Beat egg
2. Add melted butter
3. Melt chocolate over hot water and add to egg and butter
4. Add cream and water

5. Add saccharin dissolved in vanilla
6. Add salt, Lister's Equalized Flour and chopped nuts
7. Drop on greased pan and bake in a moderate oven

One cookie: protein, 1 Gm.; fat, 5 Gm.; carbohydrate, 2 Gm.; calories, 57.

Fried Chicken (*1 serving*)

Materials:

1 nutrivoid muffin
½ egg
Salt and pepper
2 pieces of chicken 3 by 3½ by ¼ inches
2 teaspoonfuls butter

Method:

1. Crumble muffin and brown the crumbs in the oven
2. Beat egg, add salt and pepper to season
3. Dip chicken in egg, then in muffin crumbs
4. Fry in butter

Total recipe: protein, 17 Gm.; fat, 23 Gm.; carbohydrate, —; calories, 275.

Strawberry Ice Cream (*3 servings*)

Materials:

1 teaspoonful gelatin
1 cup thin cream
1 grain saccharin
1 teaspoonful water
1 cup strawberries

Method:

1. Soak gelatin in 1 tablespoonful cream
2. Scald balance of cream in double boiler
3. Pour over gelatin and stir until dissolved
4. Add saccharin dissolved in 1 teaspoonful water
5. Cool
6. Partially freeze
7. Add strawberries that have been crushed
8. Finish freezing
9. Pack in ice and salt until time to serve

Total recipe: protein, 11 Gm.; fat, 49 Gm.; carbohydrate, 19 Gm.; calories, 561.

One serving: protein, 4 Gm.; fat, 16 Gm.; carbohydrate, 6 Gm.; calories, 187.

Escalloped Cabbage (*4 servings*)

Materials:

4 cups raw chopped cabbage
1 egg
2 teaspoonfuls salt
½ teaspoonful pepper
2 tablespoonfuls butter

Method:

1. Put 3 quarts of water in large kettle; when boiling add cabbage
2. Boil cabbage until tender—about twenty minutes
3. Pour off water

4. Place cabbage in a baking pan
5. Add salt and pepper to cabbage
6. Beat egg and pour over top of cabbage
7. Dot butter over top of cabbage
8. Bake in a moderate oven from ten to fifteen minutes

Total recipe: protein, 10 Gm.; fat, 33 Gm.; carbohydrate, 16 Gm.; calories, 399.

One serving: protein, 3 Gm.; fat, 8 Gm.; carbohydrate, 4 Gm.; calories, 99.

Lemon Pudding

Materials:

⅔ teaspoonful gelatin
2 tablespoonfuls cold water
1 egg yolk
6 tablespoonfuls boiling water
½ teaspoonful grated lemon rind
4 teaspoonfuls lemon juice
¼ grain saccharin
1 egg white

Method:

1. Soak gelatin in cold water
2. Beat egg yolk
3. Add the boiling water slowly to egg yolk
4. Add lemon rind to this mixture
5. Cook in double boiler until mixture begins to thicken
6. Add soaked gelatin and stir until it is dissolved
7. Dissolve saccharin in lemon juice
8. Add to hot mixture
9. Beat egg white very stiff and fold it in other mixture
10. Pour into mold
11. Put in a cool place until firm

Total recipe: protein, 8 Gm.; fat, 6 Gm.; carbohydrate, —; calories, 88.

Canned Peaches (Cold Pack)

Materials:

Peaches
Saccharin

Method:

1. Scald peaches for one minute
2. Plunge into cold water
3. Drain
4. Remove skins
5. Cut peaches in halves and discard stones
6. Pack into sterilized jars in overlapping layers
7. Add one grain saccharin to each quart jar
8. Fill jar with boiling water
9. Adjust rubbers and cover
10. Partly seal
11. Place in water bath
12. Allow to remain over heat twenty-five minutes
13. Remove from water

14. Seal
15. Invert till cool
16. Store in dry cool place

Dried Beef Creole (*1 serving*)

Materials:

- 2 slices dried beef (⅔ ounce)
- Boiling water
- 2 tablespoonfuls butter
- ½ medium sized onion, sliced thin
- 1 medium sized tomato
- ½ small green pepper
- Salt and pepper

Method:

1. Cut the dried beef into small pieces
2. Cover with boiling water
3. Let stand for two minutes, then drain
4. Melt butter in frying pan
5. Cook onion in butter until brown
6. Add tomato, green pepper and dried beef
7. Let cook till thick
8. Season with salt and pepper
9. Serve hot

Total recipe: protein, 8 Gm.; fat, 28 Gm.; carbohydrate, 9 Gm.; calories, 322.

Lamb Stew with Vegetables (*2 servings*)

Materials:

- ¼ pound lamb shoulder cut into cubes
- ¼ teaspoonful India gum
- 1 tablespoonful cooking fat
- ⅓ cup sliced onion
- 1 cup boiling water
- ⅔ cup diced carrots
- ⅔ cup diced turnip
- ½ teaspoonful salt

Method:

1. Roll lamb in India gum
2. Heat cooking fat in stew pan
3. Brown lamb and onion in hot fat
4. Add boiling water
5. Cover with lid, and let cook very slowly till meat is tender
6. Meanwhile, cook carrots and turnips until done

Total recipe: protein, 20 Gm.; fat, 40 Gm.; carbohydrate, 24 Gm.; calories, 536.

One serving: protein, 10 Gm.; fat, 20 Gm.; carbohydrate, 12 Gm.; calories, 268.

Baked Hamburger and Tomato (*1 serving*)

Materials:

- 3 tablespoonfuls hamburger steak
- 6 tablespoonfuls canned tomato
- ¼ small onion
- Salt and pepper

Method:

1. Brown the hamburger in frying pan
2. Add tomato, chopped onion and seasoning
3. Put the mixture in a small baking dish
4. Bake in a moderate oven one-half hour

Total recipe: protein, 10 Gm.; fat, 4 Gm.; carbohydrate, 5 Gm.; calories, 97.

Nutrivoid Spice and Nut Cake

Materials:

- 2 eggs
- ¼ teaspoonful salt
- 1 tablespoonful melted butter
- 3 tablespoonfuls chopped walnuts
- 3 tablespoonfuls nutrivoid flour
- ⅛ teaspoonful nutmeg
- ¼ teaspoonful cinnamon
- 1 teaspoonful vanilla
- ½ grain saccharin

Method:

1. Separate egg yolks and whites
2. Add salt to whites and beat until very stiff
3. Beat yolks until thick and lemon colored and add saccharin
4. Add melted butter to egg yolks and beat well
5. Add chopped nuts
6. Fold this mixture into stiffly beaten egg whites.
7. Mix nutrivoid flour and spices and fold into eggs
8. Add vanilla
9. Pour in small bread tin or six muffin tins
10. Bake in moderate oven one-half hour
11. One loaf cuts into six slices

Total recipe: protein, 20 Gm.; fat, 42 Gm.; carbohydrate, 4 Gm.; calories, 474.

One serving: protein, 3 Gm.; fat, 7 Gm.; carbohydrate, 1 Gm.; calories, 79.

Strawberry Shortcake (*4 servings*)

Materials:

- 2 eggs
- ½ grain saccharin
- 1 teaspoonful vanilla
- 3 tablespoonfuls nutrivoid flour
- ¼ teaspoonful salt
- 1 cup strawberries
- ¼ cup whipped cream

Method:

1. Separate eggs
2. Beat yolks well
3. Dissolve saccharin in vanilla and add to yolks
4. Add flour to yolks
5. Add salt to whites and beat until very stiff
6. Fold whites into flour mixture
7. Bake in slow oven in greased muffin tins one-half hour

8. When cool, split and serve with mashed strawberries sweetened with saccharin if desired
9. Garnish with whipped cream

Total recipe: protein, 14 Gm.; fat, 36 Gm.; carbohydrate, 12 Gm.; calories, 428.

One muffin: protein: 4 Gm.; fat, 9 Gm.; carbohydrate, 3 Gm.; calories, 107.

Escalloped Onions (*2 servings*)

Materials:

- 6 small onions
- Boiling water
- 2 tablespoonfuls chopped parsley
- 2 tablespoonfuls cream
- 1 tablespoonful butter
- ¼ cup bran muffin crumbs

Method:

1. Peel onions under water
2. Drain
3. Cover with boiling water, salted
4. Drain
5. Cover again with fresh boiling salted water
6. Cook until nearly tender
7. Drain
8. Place in small baking dish
9. Sprinkle with chopped parsley or green pepper
10. Add cream
11. Melt butter
12. Add muffin crumbs
13. Add buttered crumbs to onions
14. Bake twenty minutes in a moderate oven

Total recipe: protein, 5 Gm.; fat, 21 Gm.; carbohydrate, 23 Gm.; calories, 301.

One serving: protein, 3 Gm.; fat, 11 Gm.; carbohydrate, 11 Gm.; calories, 155.

Perfection Salad (*4 servings*)

Materials:

- 1 tablespoonful granulated gelatin
- ¼ cup cold water
- 1 cup boiling water
- ½ teaspoonful salt
- ¼ cup vinegar
- 1 tablespoonful lemon juice
- ½ grain saccharin
- 1 cup celery, chopped fine
- ½ cup chopped cabbage
- ½ cup chopped green pepper
- 2 small leaves lettuce

Method:

1. Soak gelatin in cold water
2. Add boiling water and stir until dissolved
3. Add salt, vinegar, lemon juice and saccharin dissolved in a little cold water
4. When cool stir in the chopped vegetables
5. Pour into individual molds and set in cool place
6. Serve on lettuce

Total recipe: protein, 11 Gm.; fat, —; carbohydrate, 8 Gm.; calories, 73.

One serving: protein, 3 Gm.; fat, —; carbohydrate, 2 Gm.; calories, 18.

Baked Stuffed Onions (*4 servings*)

Materials:

- 4 medium sized onions
- 2 cups water
- 4 ounces cooked ham
- Salt and pepper
- 2 tablespoonfuls butter

Method:

1. Peel onions and cook in boiling salted water till nearly tender
2. Drain and cool
3. Remove centers of onions
4. Chop fine
5. Add meat, salt and pepper
6. Fill cavity of onion
7. Place ½ tablespoonful of butter on each
8. Bake twenty minutes in moderate oven

Total recipe: protein, 28 Gm.; fat, 53 Gm.; carbohydrate, 24 Gm.; calories, 685.

One serving: protein, 7 Gm.; fat, 13 Gm.; carbohydrate, 6 Gm.; calories, 171.

Cold Slaw (*2 servings*)

Materials:

- 2 cups finely chopped raw cabbage
- 2 teaspoonfuls chopped onion
- ½ cup chopped sour apple
- Salt and pepper
- 1 tablespoonful butter
- 4 tablespoonfuls vinegar
- 1 grain saccharin

Method:

1. Mix cabbage, onion and apple
2. Season with salt and pepper
3. Melt butter and mix thoroughly with cabbage
4. Heat vinegar, dissolve saccharin in vinegar and pour over cabbage
5. Serve cold

Total recipe: protein, 3 Gm.; fat, 14 Gm.; carbohydrate, 15 Gm.; calories, 196.

One serving: protein, 1 Gm.; fat, 7 Gm.; carbohydrate, 8 Gm.; calories, 97.

Escalloped Salmon and Celery (*1 serving*)

Materials:

- ⅓ cup canned salmon
- 3 tablespoonfuls cream
- ⅓ cup cooked celery
- 1 teaspoonful butter
- Pepper

Method:

1. Mix salmon, celery and cream
2. Season with pepper
3. Pour in a small baking dish which has been greased with part of butter
4. Place remaining butter on top
5. Bake in a moderate oven

Total recipe: protein, 17 Gm.; fat, 23 Gm.; carbohydrate, 4 Gm.; calories, 291.

Orange Ice (*2 servings*)

Materials:

½ cup orange juice
1 tablespoonful lemon juice
½ cup water
1 saccharin tablet

Method:

1. Mix orange juice, lemon juice and water
2. Add saccharin tablet dissolved in 1 teaspoonful cold water
3. Adjust dasher in can of ice cream freezer
4. Pour mixture into can
5. Place cover on can
6. Attach handle and give a few turns to make sure the can and dasher are correctly placed
7. Surround can with ice and salt, using proportion of 3 ice to 1 salt
8. Freeze slowly
9. Allow to stand one hour to ripen
10. Serve

Total recipe: protein, —; fat, —; carbohydrate, 14 Gm.; calories, 54.

One serving: protein, —; fat, —; carbohydrate, 7 Gm.; calories, 27.

Jellied Salmon and Celery (*1 serving*)

Materials:

⅔ teaspoonful gelatin
1 tablespoonful cold water
3 tablespoonfuls boiling water
1 teaspoonful lemon juice
2 tablespoonfuls salmon
¼ cup finely chopped celery
Few grains salt

Method:

1. Soak gelatin in cold water five minutes
2. Pour boiling water over gelatin and stir until it is dissolved
3. Allow to cool
4. Add lemon juice
5. Mix salmon, celery and salt
6. Add gelatin mixture

7. Pour into a small mold
8. Allow to stand in a cool place until firm
9. Remove from mold and serve on lettuce

Total recipe: protein, 9 Gm.; fat, 4 Gm.; carbohydrate, 1 Gm.; calories, 76.

Cabbage Soufflé (*1 serving*)

Materials:

½ cup cooked cabbage
1 egg
2 tablespoonfuls cream (sweet or sour)
2 tablespoonfuls lean meat cooked and chopped
Salt and pepper
½ teaspoonful butter
1 tablespoonful grated cheese

Method:

1. Chop cabbage fine
2. Beat egg until smooth
3. Add cream, meat and cabbage
4. Season with salt and pepper
5. Pour into small baking dish which has been greased with butter
6. Sprinkle grated cheese over top
7. Bake in a moderate oven until firm and brown

Total recipe: protein, 11 Gm.; fat, 14 Gm.; carbohydrate, 4 Gm.; calories, 186.

Pickled Peaches (*1 quart open kettle*)

Materials:

2 pounds peaches, ripe and firm
1 cup vinegar
4 cups water
¼ teaspoonful salt
1 stick cinnamon
1 teaspoonful cloves
½ grain saccharin

Method:

1. Pour boiling water over peaches and let stand for one minute
2. Drain and peel
3. Bring water and vinegar to boiling point in sauce pan
4. Add salt, stick cinnamon and 1 teaspoonful cloves tied in bag
5. Add peaches to liquid, three or four at a time
6. Cook till tender
7. Remove to jar, sticking two cloves in each peach
8. Add ½ grain saccharin to liquid in which peaches have been cooked.
9. Fill jars with this liquid
10. Run knife into jar to remove air bubbles.
11. Seal tightly, and store in a cool dry place

Food value of one peach: protein, 1 Gm.; fat, —; carbohydrate, 10 Gm.; calories, 44.

Salmon Soufflé (*1 serving*)

Materials:

1 egg
1 tablespoonful water
1 teaspoonful lemon juice
Salt and pepper
⅓ cup salmon (cooked or canned)
½ tablespoonful butter
½ slice lemon
½ teaspoonful chopped parsley

Method:

1. Separate yolk from white of egg
2. Beat white until very stiff
3. Beat yolk, add water, lemon juice, salt and pepper
4. Add salmon, which has been divided into small pieces
5. Fold in stiffly beaten egg white
6. Pour into a small baking dish which has been greased with part of butter
7. Dot remaining butter over top
8. Place dish in pan of hot water
9. Bake in a slow oven until firm
10. Serve at once garnished with lemon and parsley

Total recipe: protein, 17 Gm.; fat, 18 Gm.; carbohydrate, —; calories, 230.

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